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- *Delicious drinks
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Discover New York,
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unplugged

Plot-to-plate eating

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NEW

Product reviews
3 of the best juicers
on the market

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SUMMER
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FATHER'S DAY
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We'd like to get to know you better!
Turn to p101 to enter our reader survey.

EDITOR'S NOTE

Summer made easy



It never fails to take me by surprise – no matter how many summers I've spent here – when the heat actually kicks in. I think it's the suddenness of it, when it feels like someone turned a switch to make the

temperatures shoot up overnight. One evening we're marvelling at how cool it still is, and the next, with no warning, we're drenched in sweat. Even though we're well-cocooned in our air-conditioned homes, offices and cars, even a few minutes spent outdoors can seem unbearable.

Which is why, in this issue we've ensured you don't run out of ideas on how to keep cool in the heat, with a variety of delicious homemade sorbet and ice cream recipes (p41 and 70) – whether it's for a quick mid-week dessert, or for weekend indulgences. There's also yummy – and almost too-pretty-to-drink – chilled drinks, and expert advice from nutritionists on staying hydrated (p18).

Our other focus this month is of course, the looming holidays. As most of us get ready to pack up and escape the heat, we've got plenty of great travel inspiration for foodies – from gourmet paradise Tuscany (p88) and Manhattan's varied culinary offerings (p90), to one of the most buzzing foodie capitals of the world, Hong Kong (p92). We also check out a getaway that is just two hours from Dubai, if a long weekend is all the time you're getting to take off this summer (p98), and go on a journey of discovery of eight unexplored world cuisines (p94) – they are more delicious than you'd have imagined!

As you read this, I will have already jetted off to soak up the winter sunshine in Australia, doing my best to bottle up the cold weather and bring it back home. Failing that, the next best thing to do is to eat light and indulge in some frozen delights to get through another desert summer.

Stay cool, and bon voyage!

Sudeshna

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On the cover
Peaches & cream ice,
Strawberry & crème
fraîche ice cream, and
blueberry yoghurt ice

Our recipe descriptions

- V** Suitable for vegetarians
- ❄** You can freeze it
- ❄** Not suitable for freezing
- P** Contains pork
- 🍷** Contains alcohol
- ✓** **Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- Low fat** 12g or less per portion.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

FYI!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork **P**
- contains alcohol **🍷**

Your say

A WORLD OF TASTE

Your article *Global Kitchen* on celebrity chef Peter Gordon (May 2012), with some of his rule-breaking fusion dishes was truly inspiring. The history of the chef and author, and how he and his cooking abilities evolved to the highest level of fusion cookery was very interesting.

I love his culinary style that integrates various regional flavours and cooking techniques in order to create innovative new tastes. As an amateur home cook, his recipes make me think about food in a more creative way and opened my eyes to whole new combinations of ingredients. His innovative recipes are detailed and easy to follow.

My favourite recipe was the Spice berry and vanilla risotto – combining fruit with risotto rice is a refreshing twist and pure genius. I can't wait to buy one of his books for more fantastic and imaginative recipes to try at home!

Maura Hales



NEW IS NICE

Earlier in the month, I flipped through the May issue of the magazine, noting that something was different. After going through the Mediterranean-themed volume, I knew that it was the work of a new editor.

The style is fresh, relevant, fun and intriguing, and I felt there was much to actually cook and share. I commend you on a job well done!

Kari Heron

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts, views and comments.



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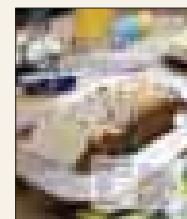
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Star Letter

THE LAWS OF COOKING

Being a qualified attorney and a mum of three, I've been reading and trying out recipes from food magazines for many years, since moving to Dubai from South Africa. It didn't take me long to realise that practicing law gave me no enjoyment whatsoever – I am happiest cooking, creating and experimenting in my kitchen. I look forward to my monthly edition of *BBC GoodFood ME*, as the recipes included each month from some of the world's leading chefs, are an absolute delight. They not only inspire me but keep me busy creating meals of amazement on a daily basis for my family and friends. Keep up the good work with your fantastic magazine!

Sumayya Seedat



Win!

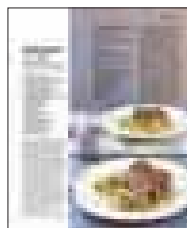
The writer of the Star Letter wins a fabulous new Nespresso Lattissima coffee maker, worth Dhs2,000. The innovative coffee machine comes with an in-built one-touch 'milk frother' which allows you to create not only delicious espressos, but a range of other coffee-based beverages, including lattes and cappuccinos at home. Fast and convenient, this is a must-buy for all coffee lovers!



A WINNING COMBINATION

First of all, I want to applaud the *BBC Good Food ME* team for the commendable job you do in featuring all these lip-smacking healthy-recipes in the magazine.

A few months back, I had come across a culinary contest organised at the Dubai Mall, in the magazine, just three days before the deadline of the contest closing. I entered and I was one of the six winners to win a trip to Madrid. That was truly a dream come true! Had I not been



a food club member, I would have missed the opportunity of participating in this contest.

I am really happy to be a food club member, and have attended many master classes, and every event is so well organised.

I also really love all the recipes that are featured in your magazines, the presentation is just mind blowing. I'd like to thank you particularly for all the great healthy, low-fat recipes. I just love reading the magazine over and over again. Thank you so much for bringing us great recipes from around the world every month.

Hannah Joji

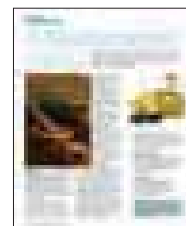
SUPERMARKET SWEEP

With busy weekdays that are usually spent trotting around Dubai, either for work, events or to meet family and friends, the only time I have to myself is over the weekend. I thought your article *A Mediterranean pantry* (May 2012) was excellent, as it clearly identifies which ingredients are needed in every kitchen and the benefits of eating it as well. I now know what to stock up on when I go grocery shopping and how to use them.

I also really enjoyed the restaurant reviews, and have already made plans with my friends to go

check out these great Italian restaurants. The updates on all the restaurant offers are also great, as it helps us keep up with whatever's going on in town, and make the most of it. I enjoy reading the magazine each month, keep those interesting and informative articles coming!

Zara Kuriakose



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UNITED ARAB EMIRATES

UPFRONT

Foodie moments

What's hot and happening in the culinary world, here and around the globe.



Scent of a home

Candle expert Anita Franov from The One shares expert advice on making the most of your scented candles in the kitchen, and beyond:

- * Even though typical candle scents wouldn't work in a kitchen, to remove kitchen odours, burn candles that have food-friendly rosemary, basil, pomegranate, sage or fig fragrances.
- * When burning votive candles for the first time, measure the circumference and burn for the same number of hours, to make sure it burns evenly.
- * Don't shy away from burning candles in the summer thinking it may cause more heat. In fact, candles are useful in the summer to refresh the atmosphere, when windows are kept closed all day.

DINE IN THE CITY

4 fab new restaurants to check out:

- * Relax and unwind after work, with friends and colleagues at the intimate Privé at Hyatt Capital Gate Abu Dhabi. Tuck into delicious Italian and German comfort food such as pizza margherita, ciabatta sandwiches and curry wurst. Call 02-5961234.
- * Get a taste of Spain at Tapeo, the new Spanish restaurant in Lafayette Gourmet (shown here). Expect finger-licking good tapas from different regions of the country including authentic items such as patatas bravas and pollo tapeo. It's perfect for a quick yet tasty bite after a Dubai Mall shopping spree! Call 04-3455444.
- * Check out the newly opened Rossovivo Artisan pizza located in Millenium tower on Sheikh Zayed road, which uses a traditional Forno Napoletano oven from Naples, to make light, fluffy and crispy pizzas. Call 04-3805833.

SMART FOOD SWAPS



235
calories

1 bar (1.6 oz) plain
milk chocolate



121
calories
6 prunes

Swap for

110
calories
Cottage cheese
with sliced
peaches

178
calories
1 small oat
bran muffin

Just grate!

Cheese lovers will be glad to know that Kraft foods has recently launched an innovative blend of mozzarella and cheddar cheese. This two-in-one treat makes a delicious topping to pizza or pasta.

Back to school

A new wave of cooking schools are hitting town, and the latest is the Culinary Forum formed by chef Marta Yanci, owner of catering company Marta's Kitchen. Foodies are in for a treat here, as some of the region's renowned chefs and foodie experts – including food blogger Dima Sharif and celebrity chef Sameer Miglani – come together to conduct cooking classes at their well-equipped premises in Jumeirah Lake Towers. Visit martaskitchen.com for more info.



THREE CHEERS FOR NOMA

For the third time in a row, Danish restaurant Noma has won first place at the World's 50 best restaurant awards, sponsored by S. Pellegrino & Acqua Panna. The restaurant, headed by two Michelin starred chef René Redzepi, is located in Copenhagen and serves earthy Nordic/Scandinavian cuisine.



Coffee and a book

Like book clubs? Here's your chance to join one in Dubai. Gerard's café is now hosting a book club at its outlet in Downtown Dubai. Enjoy a complimentary hot beverage while taking an in-depth look at some of your favourite novels. Dates and books are chosen by Gerard Book club members and announced regularly on the Gerard Café Facebook page. Call 04-4548354.

Brunch bonus

Make your next Saturday brunch count for more at the Generation Creation family brunch, The Address Dubai Marina. In June, it's pastry time, so pull out your piping bags and get creative with the kids at the cake icing challenge. There's loads of prizes up for grabs and of course, a delicious international buffet. Call 04-4367777.

Two cool new drinks to try this summer!

Starbucks' Mocha cookie crumble frappuccino is a refreshing iced frappé made of mocha sauce, vanilla, milk, chocolate shavings, Chantilly cream and a coulis of red fruits.



Café Nero's Affagato offers a new take on an Italian dessert with crushed ice, vanilla ice cream and two shots of espresso. Delish!



It's RIPE!

Never made it on time to the weekly Ripe markets? Good news is, they've now opened up a store in Al Manara. Stock up on fresh fruit and veg as well as gluten-free goodies, organic lentils and lots more. Visit ripeme.com.

Got (camel) milk?



If you want the health benefits of camel milk but can't digest the taste, try the new Camelait flavoured milk, which is available in six new flavours – date, cardamom, rose, chocolate, saffron and laban. The milk is 100 per cent pure, has less than 2 per cent fat and contains no preservatives or artificial colours and flavours.

DOWN UNDER DELIGHTS

Milk & Honey, the gourmet grocer store has now opened a second outlet in the Emirates Hills area. Head down there to get your hands on eco-friendly, organic and healthy foodie products, many of them exclusively available only here. You can also visit milkandhoney.ae to choose your products and order without leaving the couch – just pay by credit card on delivery.



Off the shelf

Gorgeous gourmet buys, kitchen gear, foodie accessories, home décor and more.



Feed your baby delicious and healthy food using this Beaba babycook duo gipsy, available from **JUST KIDDING** for Dhs1,815. The 4-in-1 steamer-blender allows you to cook, blend, defrost and reheat dishes, while preserving all the nutrients.

Cook up a succulent slow roast in this gorgeously vintage Blue polka dot casserole dish, Dhs395, from the Emma Bridgewater collection at **HARVEST HOME**.



Planning a cheese party? This portable Mini Partyclette is energy efficient and has a non-stick grill plate to melt oozing raclette cheese to pour over food. Chic and delish! Dhs155 at **LAKELAND**.

Hosting a get-together? Serve refreshing drinks and delicious canapés in this quirky tray from **INDIGO LIVING**, Dhs319.



Cupcakes get a stylish makeover in these handbag-shaped gourmet fashion cupcakes from **JUMEIRAH ETIHAD TOWERS HOTEL, ABU DHABI**. Available in a variety of flavours including Red Velvet, Blueberry cheesecake and Date banana toffee, they cost a haute-couture-worthy Dhs45 a pop.



A cooling ice popsicle made in these bright Ice pop moulds from **CRATE AND BARREL**, Dhs59, will look almost too good to be eaten – guaranteed to be a hit with the kids!



Pack a healthy lunch in this gorgeous Betty Boop square tin tote from **IT'SUGAR**, Dhs79.

If you're looking for the ultimate Father's Day gift, look no further than the Grill Mark 22.5" charcoal kettle grill, Dhs349, from **ACE**.



Keep your home smelling heavenly throughout the day, with the aromatic scents of these Agaria diffusers at **HARVEY NICHOLS**, prices start from Dhs200.



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Here to help

Our expert chef Andy Campbell offers practical advice to tackle all your cooking dilemmas.

Q I love cooking lasagna for my family, but, whenever I boil lasagne sheets, they always tend to stick together in the pan and break, after draining. Is there a way of keeping them from sticking?

A. There are few things more comforting than a lasagna oozing with cream and cheese. To make sure the sheets do not break the next time you're making some, cook the sheets in small batches (typically four at a time, depending on the size), in a large pan of boiling salted water. Alternatively, to save time, use fresh egg pasta sheets or pre-cooked sheets that do not need to be cooked any more. Remember, though, you will need extra sauce for these, as they tend to get dry quickly.



Q When I roll out my shortcrust pastry, it always cracks around the edges. How can I stop this from happening?

A. When you take out your pastry from the refrigerator, make sure you let it soften before rolling out. Usually, it needs at least two hours defrosting time.

Q When cooking fillets of sea bass, sole or halibut, I never really know when it is cooked through. How long does it need to cook, and is there a way of checking if it is cooked without breaking the fish into half?

A. Always use a hot pan, and cook the fish for approximately three minutes on each side, starting with the skin side down on the pan. To check if the fish is cooked thoroughly, press down with your index finger on the thickest part of the fish. If it is springy to touch, it is ready to eat. When baking fish, scour the skin with a knife, the white flesh will appear and set when the fish is cooked skin side up. Use the same finger touch technique to make sure it is ready to eat.

Q I'm trying to get a handle on our monthly grocery bills, do you have any tips for cutting costs in the kitchen?

A. Always plan your meals ahead! For example, if you are cooking for two, roast a big chicken on the first day. Freeze the thighs to make roasted chicken legs on the second day and make a hearty soup with the leftovers from the thighs and carcass mixed with fresh vegetables, on the third day. This way, you get three meals from one piece of chicken.



Planning ahead also allows you to bulk-buy, another great way to keep costs down. Create a monthly shopping list to buy items such as meat, chicken and rice, in the first week of the month, as these are used in most meals and can be divided into smaller portions or wrapped, labelled and frozen ahead of time.

Also take time to shop mindfully, choosing local produce whenever possible, which is often less costly than imported counterparts. Shopping at cooperative hypermarkets is a great way to find local produce at affordable prices – you'll be surprised at the unique finds you will end up with. Also keep an eye out for special deals and offers at your local supermarket.

Andy's ingredient of the month



Locally grown chestnut mushrooms are great in a vegetarian stroganoff with dill and smoked paprika. There is a picante version for those that like a bit more fire in their food.

All these ingredients can be found at major supermarkets in the region such as Carrefour, Lulu Hypermarket and Union Co-operative Society.

Got a cooking question you need answered? Write in to us at feedback@bbcgoodfoodme.com. To find out more about Chef Andy, visit chefandycampbell.com.

On test: Juicers

Essential home gadgets on review.



Kenwood Excel JE850

This high-performance juicer is the big daddy of juicers, with its solid design, powerful motor and extra-large capacity. The

juicer has an XXL feed tube, which the 1500W motor can quickly and efficiently process. It uses an Advanced Pulp Extraction (Apex) technology, and also has a patented anti-drip feature.

What we liked: The oversized feed makes it suitable for larger fruit and veg to be simply chucked in – which means minimal chopping. It's extremely user-friendly, and even cleans itself – the lid, that is, when emptying. Fast and powerful, the juicer turns even hard fruit and veg into pulp within minutes. Most of the parts are dishwasher friendly, and easy to take apart and clean – with the anti-drip feature making it completely clean and mess-free. Ideal for thirsty kids, making family-sized jugs of juice becomes a breeze with this gadget – and there's no better way to sneak in healthy fruit and vegetables into your diet, especially in the long hot summers.

What we didn't like: While ergonomic, the design is a bit bulky and it is heavy – and it takes up a lot of countertop (or storage) space. But, like most Kenwood products, it is just a manifestation of the solid and reliable gadget it is.

To buy: Dh899, at leading outlets.



Hurom Slow Juicer HU-300

This unique juicer works as a continuous extractor, using a low speed technology system, which makes it one of the only juicers that completely extracts almost all the nutrients from the fruit or veg – 35 per cent more vitamins, minerals and enzymes make it into the juice, compared to traditional juicing technologies, the brand claims. Sold online, the juicer is hand-delivered on ordering, with someone personally demonstrating its usage.

What we liked: The juicer is lightweight and easy to use – I didn't even need to read the manual. Even though it uses a low-speed technology, the process is quite swift – taking approximately two minutes for two glasses worth of juice. The fruits only need to be roughly chopped and placed into the upper tunnel to juice right away. The pulp can be used to make other dishes, so no part of the produce is wasted (so, you can juice carrots then use the pulp to make carrot cake). The juicer can also be used to make nut milk – all it takes is some water added to the nut extract. It is quieter than most juicers and comes with a recipe book to create delicious smoothies and juice. With its focus on getting the most out of the produce that's put into it, this is a great choice for the health conscious – even if it is more expensive than the average juicer.

What we didn't like: It's hard to think of something, as I found using it very simple, and it was a great way to increase my fruit and veg intake. If anything, the process of removing the extra pulp from the juice nozzle was a little time-consuming, and it had to be pushed out with a butter knife or brush.

To buy: The juicer costs Dh1400, available from huromslowjuiceruae.com.



Go to p99 for details on how to win this juicer.

UPFRONT PRODUCT REVIEW



Phillips Avance HR1871 Juicer

With a stylish chrome finish and powerful blades, this new juicer has a unique design putting the pulp outlet in a tray at the bottom. It not only juices fast, but is also quick and easy to clean and dismantle.

What we liked: Using the juicer was extremely easy, and it looks so good, it doesn't have to be hidden away in a storage cupboard. A big bonus of this machine is its speed and the quantity of fresh juice it is able to produce in a short span of time. This makes it perfect for a big kids' party or family gathering. It comes with a recipe card for various mocktails, which is very useful. If style and speed is a priority, then this is the juicer for you.

What we didn't like: Having to peel and remove all the skin from fruits before juicing is always tedious. This machine would be perfect if it could also peel the fruit!

To buy: From Dh899, at leading outlets. leading supermarkets.

JUICING TIPS

Juice expert Jason Vale shares his top tips on getting the most from your juicer:

- If you are pressed for time, make a big batch of juice in the morning, and put some in a flask to take to the office with you and have later in the day.
- The key to getting kids to enjoy juices is to mix in about 50 per cent of apple or pineapple as they love the taste. Then you can put all sorts of vegetables in there too, from spinach, broccoli, cucumbers to beetroot.
- Get creative with what you juice – try using celery, broccoli stem (more juice in the stem), carrots, zucchini, spinach and fennel and ginger.



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Thursday & Friday, Asian Channel

CHANNELS

AED 129 Early Bird Oishii Sushi 6:00pm - 7:30pm.
 AED 189 inclusive of selected beverages on **weekdays**.
 AED 209 inclusive of selected beverages on **Thursday & Friday**.

From 7:00pm to 10:30pm

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Tried & tasted

Lounges

Each month, we review two of the city's top tables.

Grown-up glam date



Where: Caramel Lounge, DIFC

What's it like: Soon after its opening, Caramel pretty much changed the game for DIFC lounges, with its swish, upscale interiors – think under-lit marble bar counters, and clean, minimalist lines with glamorous hostesses to match – and buzzy yet sophisticated vibe. Packed most nights with after-work revellers, Caramel also has a partially covered semi-alfresco area for those that want a slightly more relaxed environment. Thursday nights are probably the busiest, which is when I visited to check out their new menu, which combines some old favourites with exciting new additions. I chose to start with the TNT shrimps, after having tried some of their signature cocktails – which are some of the most delicious I've had in this town. The oversized shrimps were perfect – crunchy on the outside, coated through in a tangy, lightly spiced mayonnaise – and were very more-ish. My partner's Signature chicken buffalo-style lollipops with blue cheese dressing offered a gourmet take on a diner favourite. For mains, I ordered the seared Chilean seabass served with shrimp risotto and a delicately-flavoured lobster broth, with the sharp taste of an accompanying tomato-basil tapenade setting it off perfectly. Meanwhile, my partner's marinated grilled chicken with baby spinach and parsnip puree was tender and flavour-filled. We didn't have much room left for dessert – but couldn't resist the lure of a sinful dark chocolate fondant with cappuccino ice cream to share. With their generous portions, this is bar food taken to the next level – perfect for sharing between friends on a fun night out.

If you want to book: Approx. price for a meal for two (excluding drinks) is Dhs450. Call 04-4256677.

- Sudeshna Ghosh

Cosy hangout



Where: Oscar's Vine Society, Crowne Plaza Dubai

What's it like: While not your typical Dubai lounge, Oscar's is perfect for after-work drinks and a bite. The recently renovated Provençal-themed lounge located on the fourth floor of the hotel offers views of the glamorous Sheikh Zayed road, and is a breath of fresh air, with its cosy, rustic interiors. The French country theme continues into their new menu as well, which features a variety of authentic treats. We were greeted by Darya, the head sommelier, who suggested we start off with a Provençal aperitif. Each wine glass came with a removable tag describing the grape year/winery and a small description of the wine, which was a nice touch for someone looking to learn more on wines. To start, we chose to share the tartines and pissaladina. The tartines – crusty bread with separate toppings of goat cheese, grilled vegetables and tomatoes and basil – were delightful with their fresh and simple flavours, while the pissaladina, a pizza-like dish topped with caramelised onions, anchovies and olives was interesting; however, the anchovies weren't my favourite topping, making this dish a bit of a hit or miss depending on your taste. For mains, I chose the lamb chops, which were perfectly done, and came with a side of mint jelly and grilled zucchini, tomatoes and eggplant. My partner chose the daube de boeuf – a beef stew cooked in wine, vegetables and beef stock – with tagliatelle, which was extremely flavourful. For dessert, we shared an assortment of delicate Calissons – small honey and almond marzipans – which were one of the most unique desserts we'd ever tried.

If you want to book: Approx. price for a meal for two (excluding drinks) is Dhs300. Call 04-3311111.

- Nicola Monteath

UPFRONT EATING OUT

Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.



The Gramercy, DIFC



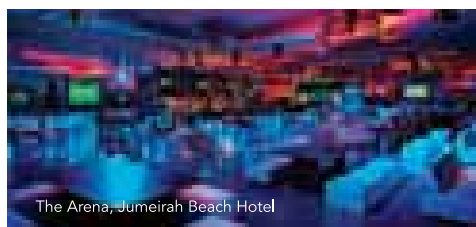
Vu's, Jumeirah Emirates Towers

**Euro
2012:
where to
watch**

Root for your favourite team at the fully air-conditioned beachfront tent in **Plaza bar, Shangri-La- Hotel, Qaryat Al Beri, Abu Dhabi.**

Packages are available for Dhs75 inclusive of two beverages. Call 02-5098888.

Catch all the action at **The Arena, Jumeirah Beach Hotel**, as it transforms into a swanky football stadium with super sized screens and lounges. Call 04-4068706.



The Arena, Jumeirah Beach Hotel

Grab your friends and make it a game night at the **QD's tent in Dubai Creek Golf & Yacht Club.** *Packages including QD's Snack Towers with ten selected beverages and shisha, is available daily, Dhs350 for four. Call 04-2956000.*

Lunch with a view

Take your next lunch meeting to the next level with **Vu's** new Business Lunch menu – think gourmet treats like Wagyu beef cheek with foie gras, confit red sea bream and mango crème brulee, while enjoying incomparable city views. If you prefer the bright lights of the big city, the Vu's four-course Explorer Menu is another great option for dinner.

Available for Dhs150 per head for three-course set menu. Call 04-3198088.

Jazz it up

Dubai has a new live entertainment venue, at **The Gramercy, DIFC.** The Stage, as its known, will play host to visiting acts as well as resident performers such as singer Ciaran Fox and saxophonists Adam Long and Serik Iskakov. Perfectly complementing the stage is their delicious new menu, which includes seared scallops, tender jumbo prawns and racks of lamb. Great food, delicious cocktails and live music – what's not to love?

Available Monday to Thursday for dinner. Call 04-4377522.



Birthday treat

Hakkasan Abu Dhabi is celebrating their second anniversary with the launch of a special new Cantonese weekend lunch menu that includes a selection of steamed, baked and fried dim sum, mouth-watering steamed Chilean seabass, Sanpei chicken claypot and several decadent desserts, as well as a range of Chinese teas. Join the celebrations!

Available on Fridays and Saturdays, from Dhs250 per person. Call 02-6907999.



Sushi Saturdays

Pull out the chopsticks and tuck into freshly prepared sushi, sashimi and a selection of hot dishes from the Teppanyaki table. The Saturday brunch at Icho, Radisson Royal Hotel is perfect for a relaxed afternoon out with family and friends.

Available every Saturday from Dhs180 per person. Call 04-3080000.



Ole! Ole!

Instead of taking a flight to Mallorca to sample Spanish cuisine, head down to **Café M, Media One** and feast on saffron-aioli-steeped clams, crispy croquetas de pollo and paella, among other authentic treats, washed down with Spanish vintages and freshly made sangria.

Available Saturday-Monday from Dhs149 per person. Call 04-4271000.

A Moroccan weekend

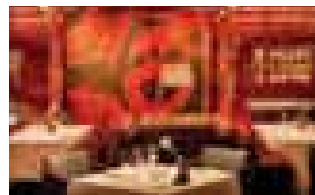
Tired of over-the-top brunches? We love the **Almaz by Momo** brunch which serves up a do-able North African spread, at an affordable price tag. There are three options to choose from: the Berber; the North African; or the Almaz brunch, all served with fresh juices and coffee. The perfect way to start off a weekend shopping spree in MoE! Available from Dhs95 per head. Call 04-4098877.



Daddy's day out

Celebrate Father's day at **Jing Asia, Crowne Plaza Abu Dhabi, Yas Island**, where dads dine for free on their special day. The All day dining restaurant offers a range of authentic Asian and International cuisine.

Available on Sunday, 17th June 2012. Call 02-6563053.



High on taste

At.mosphere, Burj Khalifa

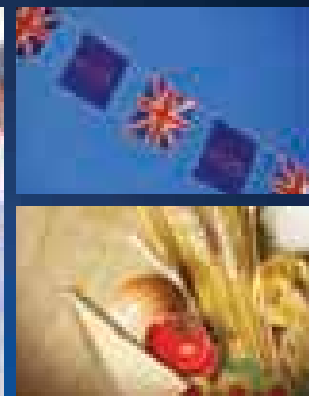
is offering a seasonal à la carte menu that includes appetisers such as butter poached langoustines, sous vide lamb saddle, king prawn, black angus porterhouse and the classic 122 sphere to chocolate tortellini. Savour every bite while you enjoy the views from the highest restaurant in the world.

Available daily for lunch. Call 04-8883828.

Eating with a conscience

Dine on delicious sustainable seafood such as seabass, cod, sole and red mullet, while sipping a refreshing Bellini cocktail at the stylish **Fire & Ice, Raffles Dubai**. Award-winning sommeliers are also on hand to recommend wines to pair with the courses.

Available until 14th June. Call 04-3248888.



Don't know where to Brunch?

Friday Brunch at Certo

An Italian-style Friday brunch with a selection of dishes served at your table.

Available from 12:00 to 15:30 hours

The kids have their own fun area, with toys and entertainment.

Brunch with soft drinks @ AED 140

Brunch with alcoholic house beverages @ AED 190

Brunch with Prosecco @ AED 210

Half price eating for everyone aged 6 – 12 years!

Children under the age of six, brunch for free!

Half price eating for everyone aged 6 – 12 years!

Children under the age of six, brunch for free!



ICON Bar & Lounge English Friday Brunch

ICON Bar & Lounge at the Radisson Blu Hotel, Dubai Media City is continuing its British Brunch every Friday from 12:00pm to 4:00pm at an even better price at only AED 129 per person.



Saturday Fun Brunch at Chef's House

Let someone else cook while you entertain at the Saturday Fun Brunch at Chef's House.

Available from 12:30 to 15:30 hours

The kids have their own fun area, with buffet and entertainment including a bouncing castle.

Full buffet with soft drinks @ AED 135

Full buffet with alcoholic house beverages @ AED 180

Half price eating for everyone aged 6-12 years!

Children under the age of six, lunch for free!

For bookings please call the Radisson Blu Hotel, Dubai Media City on 04 366 9111

certo
ITALIAN RESTAURANT

ICON
LOUNGE & BAR

Chef's House



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Everyday recipes

Healthy, delicious mid-week meals

Cheeseburgers.
recipe, p25



28 Quick, easy vegetarian recipes



32 Food to fuel your body



36 Simple seafood suppers





& great ways to chill out!

Now that summer is officially here, it's never been more important to stay hydrated. Nicola Monteath asks the experts for their top hydration tips, and gets some refreshing summer cooler recipes from the city's top juice bars.
Photographs CRIS MEJORADA

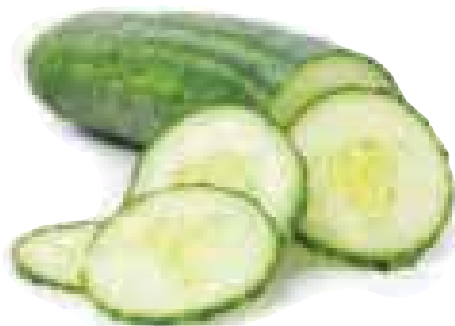
You've heard it all before, a minimum of eight glasses of water is essential for an average adult, you need to drink more in the summer, and so on. But you probably also realise that it's also easy to fall off the water wagon, and we all end up not drinking enough, particularly in the summer. But, inadequate hydration can be more damaging for health than you think.

"The human body has a water content of 75 per cent. If the body is not nourished with sufficient water, the lymphatic drainage becomes slow, this is known as water retention or bloating," says Dr. Chandy George, Ayurvedic lifestyle consultant at Balance Café. If the body is not hydrated it can lead to lack of concentration, tiredness, kidney mal function, giddiness, skin dryness and other functions that can lead to a complete collapse, Dr Chandy adds.

There are plenty of smart ways to stay hydrated, other than just drinking water, however. Here are eight tips for staying hydrated, and eight deliciously cooling drinks you can make at home.

1. Load up on fruit and veg

"Water isn't the only way to keep your body hydrated," says Nick Watson, nutritionist and founder of UConcept gym. Include fresh fruits and vegetables that are high in water content in your diet, such as watermelons, cantaloupe, peaches, strawberries, oranges, cucumbers, celery, tomatoes and apples. These cooling fruits and vegetables help keep you full longer while lowering the body temperature.



2. Flush away toxins

"Begin your day with a glass of water and always drink a glass 30 minutes before and after a meal, to support the digestive process," says Nick. This not only ensures you meet your required daily water intake, but helps detoxify your system.

3. Say yes to sodium

"If you are spending a lot of time outdoors in the summer, drink a sports beverage which contains electrolytes to replenish what is lost due to perspiration," says Carole Holditch, nutrition expert and founder of Good Habits UAE (www.goodhabitsuae.com). The sodium content in sports beverages helps retain fluids, promoting hydration, and also supplies energy to muscles.

4. Limit alcohol and caffeine intake

Coffee might be a great early morning pick-me-up, but, similarly to alcohol, it has a diuretic effect, therefore contributing to dehydration. However, if you need your caffeine fix, stick to one to two coffees a day, and keep alcohol intake to a minimum.



5. Take it slow

Make sure to limit strenuous activities outdoors to a maximum of 30 minutes in the summer, with frequent break in between. Limit working out to indoors activities, and if you must exercise outdoors, make sure it is in the early mornings or late evenings. While swimming is a popular option in the summer, don't overdo it in the pool either – as swimming for a long time without a break can also lead to dehydration, even though you're in water.

6. Remind yourself

No time to drink? Dr. Chandy suggests keeping a bottle of water on your desk to sip on at regular intervals throughout the day. Another way of reminding yourself is by setting an alarm every hour to re-fill your glass and drink regularly.

7. Get juicing

Fresh juices are great not only for hydration, but also to get essential nutrients in. "Drink up as soon as you have juiced your fruit," says Carole. Juices lose their nutritional value over time and develop a funny colour as it oxidises (especially apples). Nick recommends drinking juices that are not too chilled, as it slows down the digestive system. Turn over to find out some easy, delicious uices and smoothies you can make at home. Here's to a cool summer!



8. Make it lemony

Find water tasteless? To spruce up a regular glass of water, squeeze the juice of half a lemon into it. It not only tastes more refreshing but is also healthy, as the acidity content of a lemon helps aid weight loss in the long term. Plus, you still retain water's zero-calorie benefits.

Creative ways to refresh yourself quickly:

- * Popsicles are a great way of keeping children hydrated and refreshed while they are playing outdoors. Use freshly squeezed fruit juice and chunks of fruit to make popsicles.
- * Refrigerate wedges of watermelon. "It's packed with natural water, tastes great and can be easier to swallow if you aren't a fan of water," says Carole.
- * Fill fresh juice in the cubes of an ice tray and freeze. They look great when added to any drink, but also make it tastier.
- * Cut fruits such as oranges, pears, watermelon, honeydew melon, grapefruit, kiwis and grapes as well as vegetables such as cucumber, tomatoes and celery, into bite-sized pieces and store in zip lock bags – they make an ideal summer snack or easy salad topping.



Passion fruit & Orange Smoothie

60g passion fruit puree
20g passion fruit pulp (from 1 passion fruit)
100 ml orange juice
100 ml sparkling water
8 cubes of ice

Blend all the ingredients together in a blender and serve.

(Recipe courtesy of Jones the Grocer café, 04-3466886)



Date Smoothie

150ml apple juice
120g fresh dates seeds removed (12pcs)
5ml lemon juice
100ml low fat yoghurt
Two cups of ice

Blend all the ingredients together in a blender and serve.

(Recipe courtesy of Jones the Grocer café)



Island Cooler

180ml freshly squeezed pineapple juice
180ml freshly squeezed papaya juice
180ml freshly squeezed orange juice
180ml freshly squeezed melon juice
10ml grenadine
Few cubes of rock ice
Pineapple slice for garnish

METHOD

1 Pour all the juices (except grenadine) into a blender and blend well.
2 Pour over hurricane glass, ¼ filled with ice. Drop the grenadine on both the sides of the glass.

3 Garnish with a pineapple slice.

(Recipe from Sol Juice Bar, Fairmont Dubai, 04-3118316)

Fruity Vegetable Mocktail

1 cucumber, small
2 green apples, medium size
3 carrots, medium
¼ bunch of broccoli
½ beetroot, small
Small piece of ginger
2 dashes of lemon juice
Few cubes of rock ice
Lemon slice for garnish

1 Using a juicer, freshly squeeze juice from all the fruits and vegetables one by one, and keep separate.

2 Fill a quarter of a tall glass with ice. Pour in the juices carefully one by one, to create a layered, 'rainbow' effect. Start with carrot and lemon juice, add the ginger, then broccoli and beetroot juice, and to top off add the apple and cucumber juice.

3 Garnish with a lemon slice.

(Recipe from Sol Juice Bar, Fairmont Dubai)



Manganana

- ½ mango
- ½ banana
- 2 tbsp yoghurt
- 1 orange
- 1 tbsp flaxseed

Blend all the ingredients together in a blender and serve.

(Recipe from Sophie's Café, Palm Jumeirah, 04-4515982)

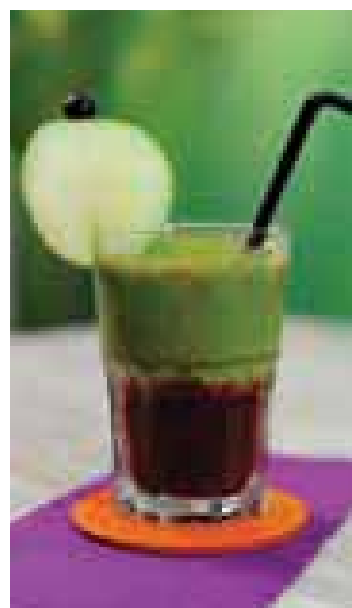


Very Berry Smoothie

- 130ml strawberry ice cream
- 40g strawberries
- 70g red apple
- 30g red berries
- 30g blueberries
- 30g crushed ice
- 5ml sugar syrup

Blend all the ingredients together in a blender and serve.

(Recipe from Wild Ginger, Iconic, 04-2953511)



Herbavour

- 5 mint leaves
- 3 basil leaves
- Handful of spinach
- 1 green apple, chopped
- 2 stalks of celery, chopped
- ¼ cup of beet root, chopped
- ½ shot of wheatgrass juice
- 1 tbsp flaxseed

1 Juice the green vegetables and combine with wheatgrass shot. Set aside.

2 Juice the beet root and apple and set aside.

3 Pour the beetroot juice mix into the glass and slowly add the green juice on top.

4 Stir once, sprinkle with flaxseeds and serve.

(Recipe from Sophie's Café)

Strawberry Iced Tea

- 300ml concentrated tea
- 60ml fresh strawberry syrup
- 10ml lemon juice
- 5pcs ice cubes

Blend all the ingredients together and serve. You can also simply mix all the ingredients together and stir in a tall glass.

Tip: As a substitute for concentrated tea, leave a tea bag in 200ml of boiling water and let it cool until it reaches room temperature.

(Recipe from Wild Ginger, Iconic)





CHOCOLATE BROWNIE DELIGHT

*Premium chocolate ice cream with caramel sauce
and chewy chocolate brownies.*



Chocolicious!

A chocolate brownie gets a twist with white chocolate, in this recipe from Chef Patrick Kuiper, Executive Chef of Kempinski Hotel Amman, making it the perfect complement to a scoop of chocolate brownie ice cream.



"White and dark chocolate go very well together"



Chef Patrick Kuiper

White chocolate brownie with chocolate brownie delight ice cream

INGREDIENTS

225g caster sugar
4 eggs
225g butter, melted,
plus extra for greasing
150g plain flour, sifted
225g white chocolate, chopped
100g hazelnuts, chopped

METHOD

- 1** Preheat the oven to 180°C
- 2** Beat together the sugar and eggs until fluffy. Slowly add the melted butter a little at a time.
- 3** Add the flour into the mixture using a metal spoon. Add the chopped white chocolate and Hazelnuts.
- 4** Spoon the brownie batter into the prepared cake tin and shake gently until level. Transfer the tin to the oven and bake for 30 minutes, or until done. Set aside to cool.
- 5** Once it is cooled cut into square shape and add a scoop of ice cream on top.
- 6** Garnish with a drizzle of caramel sauce on ice cream and serve with fresh berries.

Make these with:



- 1** White chocolate is the main ingredient and the secret to making this brownie with a twist.



- 2** You can try using walnuts instead of hazelnuts, as a variation.



- 3** Serve with fresh seasonal berries.



CHOCOLATE BROWNIE DELIGHT

Premium chocolate ice cream with caramel sauce & lots of chewy chocolate brownies.

EVERYDAY

Time to get ahead

These freezer-friendly, make-ahead meals help save time and money, and are the perfect rescue remedy for busy weeknights.
Recipes SARAH COOK Photographs WILL HEAP

Buying a whole chicken is a great-value way to feed the family

Chicken &
bacon cacciatore

Food styling LIZZIE HARRIS | Styling LISA HARRISON

Chicken & bacon cacciatore

SERVES 4-6 • PREP 30 mins •

COOK 1 hr 15 mins **Easy** 

2 tbsp olive oil

1 large chicken, roughly 1.8kg-2.2kg,
jointed into 8 pieces

6 rashers streaky bacon, chopped

2 onions, sliced

2 rosemary sprigs

2 x 400g cans plum tomatoes

2 tbsp red or white wine vinegar

1 tbsp sugar

500ml chicken stock

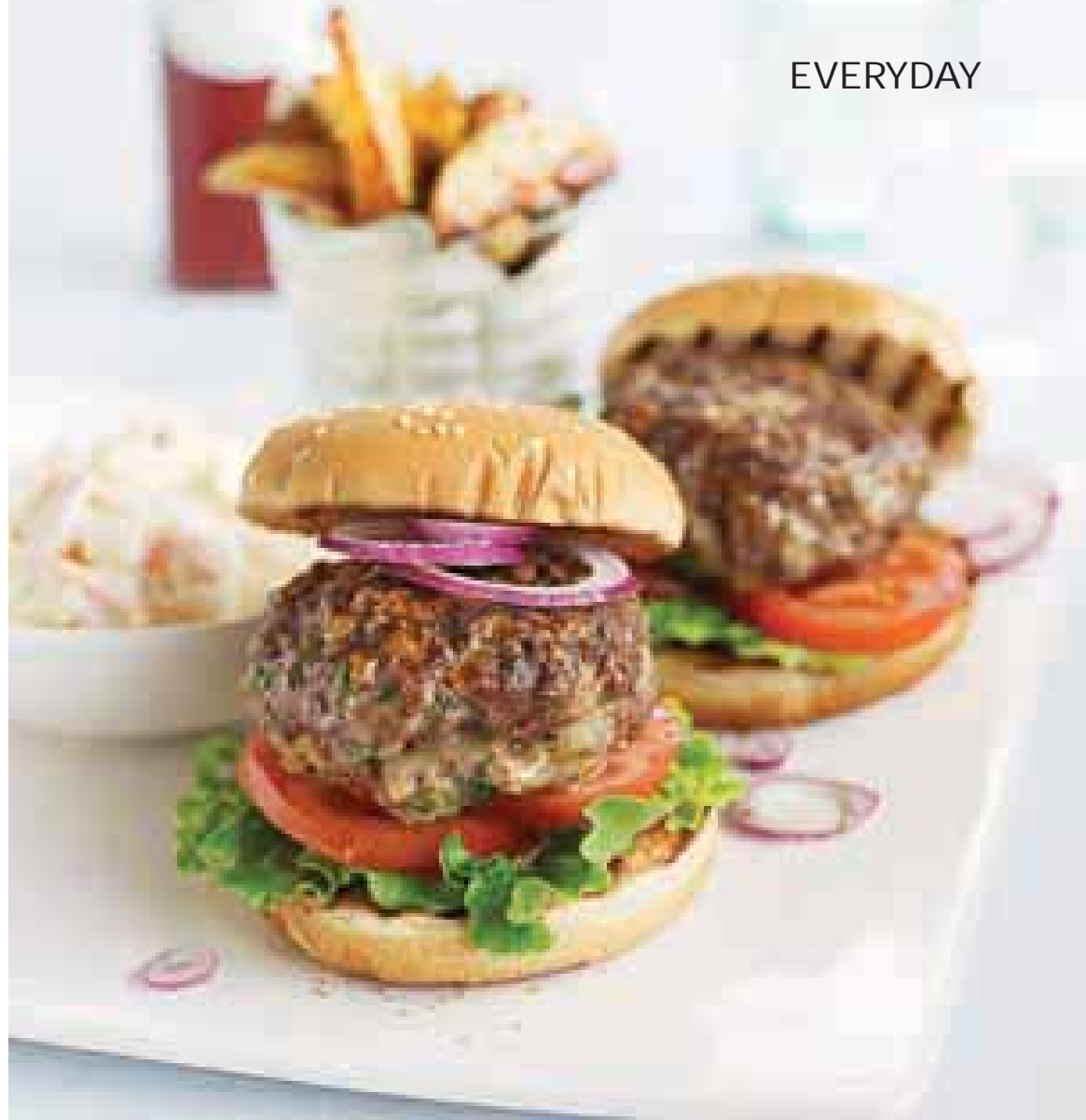
Small bunch parsley, chopped
(optional)

1 Heat the oil in a large casserole dish. Brown the chicken, a few pieces at a time, until skin is golden on all sides. As each piece is done, lift out onto a plate. Turn the heat down and add the bacon. Cook gently so some of the fat melts into the pan and keep going until the bacon crisps. Lift out with a slotted spoon and put with the chicken pieces, then add the onions and rosemary to the casserole. Fry for 5-10 mins until the onions have softened, then return the chicken and bacon, along with the tomatoes, vinegar, sugar, stock and seasoning.

2 Bring to a simmer, cover and cook for 40-50 mins until the chicken is tender – check one of the thigh or leg joints as they will take longer to cook. Stir in the parsley, if using, check the seasoning again and serve with mash, pasta or rice if eating straight away. Otherwise, cool and chill for up to 24 hrs.


Or freeze for up to 3 months. Defrost overnight in the fridge, then bring out to room temperature the next day if not fully defrosted. Tip back into a saucepan, bring to a gentle simmer, then cover and gently cook until chicken is piping hot. Don't boil or the chicken may toughen up.

PER SERVING 806 kcals, protein 67g, carbs 51g, fat 54g, sat fat 16g, fibre 3g, sugar 13g, salt 2.00g



Cheeseburgers

MAKES 12 • PREP 15 mins •

COOK 20 mins **Easy** 

1kg beef mince

300g breadcrumbs

140g extra-mature or mature
cheddar, grated

4 tbsp Worcestershire sauce

1 small bunch parsley, finely chopped

2 eggs, beaten

TO SERVE

Split burger buns, sliced tomatoes,
red onion slices, lettuce, tomato
sauce, coleslaw, wedges or fries

1 Crumble the mince in a large bowl, then tip in the breadcrumbs, cheese, Worcestershire sauce, parsley and eggs with 1 tsp ground pepper and 1-2 tsp salt. Mix with your hands to combine everything thoroughly.

2 Shape the mix into 12 burgers. Chill until ready to cook for up to 24 hrs.

3 To cook the burgers, heat grill to high. Grill burgers for 6-8 mins on each side until cooked through. Meanwhile, warm as many buns as you need in a foil-covered tray below the grilling burgers. Let everyone assemble their own, served with their favourite accompaniments.

The burgers can be frozen for up to 3 months. Just stack between squares of baking parchment to stop them sticking together, then wrap well. Defrost overnight in the fridge before cooking.

PER SERVING 343 kcals, protein 24g, carbs 20g, fat 19g, sat fat 9g, fibre 1g, sugar 1g, salt 1.05g

EVERYDAY

Lentil ragù

SERVES 6 • PREP 15 mins •

COOK 1 hr 15 mins **Easy** **V** **GF**

Superhealthy Good source of iron and vit C. **Low fat**

3 tbsp olive oil
2 onions, finely chopped
3 carrots, finely chopped
3 celery sticks, finely chopped
3 garlic cloves, crushed
500g bag dried red lentils
2 x 400g cans chopped tomatoes
2 tbsp tomato purée
2 tsp each dried oregano and thyme
3 bay leaves
1 litre vegetable stock
500g spaghetti, plus Parmesan or vegetarian cheese, grated, to serve

1 Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened. Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. Season.

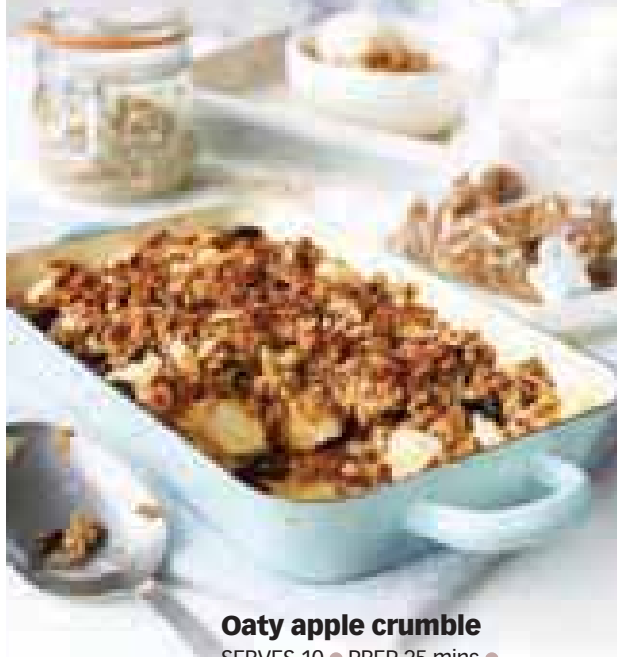
2 If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over some cheese. Alternatively, cool the sauce and chill for up to 3 days.

Or freeze for up to 3 months. Simply defrost portions overnight at room temperature, then reheat gently to serve.

PER SERVING 662 kcals, protein 33g, carbs 120g, fat 9g, sat fat 1g, fibre 10g, sugar 14g, salt 1.05g



Also great spooned
over jacket potatoes



Oaty apple crumble

SERVES 10 ● PREP 25 mins ●

COOK 1 hr 10-20 mins **Easy** ❄️

6 Bramley apples, peeled, cored and cut into chunks

6 eating apples, peeled, cored and cut into chunks

85g caster sugar

100g sultanas or raisins

100g soft light brown sugar

50g honey

250g pack butter

300g oats

300g plain flour

100g flaked almonds

1 tsp ground cinnamon

1 Cook the apples with the caster sugar in a large pan, stirring occasionally – add a splash of water if they start to stick on the bottom. When just about tender and a bit saucy, stir in the sultanas or raisins and tip into 2 large ovenproof dishes.

2 Melt the brown sugar, honey and butter together in a large pan. Off the heat, stir in the oats, flour, almonds and cinnamon until sticky and crumbly. Divide over the apples. To bake straight away, heat oven to 180C/160C fan, then bake for 40-50 mins until topping is golden and crisp.

To freeze, wrap dishes well or freeze the fruit and crumble mixture in separate freezer bags if you don't have spare baking dishes. To cook from frozen, cover with foil and bake at 180C/160C fan for 1½ hrs, then turn the oven up to 220C/200C fan and bake for a further 45 mins, removing the foil for the last 15 mins.

PER SERVING 646 kcals, protein 11g, carbs 91g, fat 29g, sat fat 14g, fibre 8g, sugar 48g, salt 0.48g

SUMMER APERITIVO



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Life is Magnifique

EVERYDAY

Just add veg

Light and fresh vegetarian pasta dishes are the perfect way to hit your 5-a-day target in the summer.

Light and lemony

Summer pea pasta

SERVES 4 ● PREP 5 mins ● COOK 10 mins **Easy** **V** **Low fat**

3 tbsp olive oil
3 fat garlic cloves, finely chopped
1 red chilli, deseeded and finely chopped
zest of 2 lemons
400g pasta
200g fresh or frozen peas
20g pack basil

1 Heat 1 tbsp oil in a frying pan and cook the garlic and chilli for a couple of mins until very lightly golden. Stir in the zest.
2 Cook the pasta, adding the peas for the final 2 mins. Drain, then tip everything back into the saucepan. Tip in the garlic, chilli and lemon, scraping in any bits stuck to the pan. Tear in the basil, season and add the remaining olive oil. Stir well.

PER SERVING 462 kcals, protein 15g, carbs 82g, fat 11g, sat fat 2g, fibre 6g, sugar 4g, salt 0.03g

MAKE IT DIFFERENT

Swap the basil for flat-leaf parsley and cut the zested lemons into wedges for squeezing over the finished dish.



Cherry tomato & caper spaghetti

SERVES 2 ● PREP 5 mins ● COOK 12 mins **Easy** **V** **Sauce only Superhealthy**

200g spaghetti
2 tbsp olive oil
1 garlic clove, sliced
1 red or green chilli, deseeded and finely chopped, or ½ tsp chilli powder
200g pack cherry tomatoes, halved
2 tsp capers, roughly chopped
Grated Parmesan, to serve

1 Cook spaghetti following pack instructions. Meanwhile, heat the oil in a small pan, add garlic and fry, stirring, until golden. Add chilli, tomatoes and capers and fry for 3-4 mins until tomatoes break down.
2 Add 2 tbsp of cooking water to tomatoes, drain pasta and return to pan. Pour in the tomato sauce and toss everything together. Serve sprinkled with Parmesan.

PER SERVING 463 kcals, protein 13g, carbs 78g, fat 13g, sat fat 2g, fibre 4g, sugar 6g, salt 0.34g



Garden veg pasta

SERVES 4 • PREP 10 mins •
COOK 15 mins **Easy** **V** **Low fat**

350g penne
140g broccoli, cut into small florets
100g sugar snap peas, halved
2 courgettes, diced
1 tbsp olive oil
100g light full-fat soft cheese
50g grated Parmesan (or vegetarian alternative), plus extra to serve
zest and juice 1 lemon
Large handful basil

1 Cook the penne following pack instructions, adding the broccoli florets and sugar snap peas to the pan for the final 3 mins.

2 Meanwhile, gently fry the courgettes in the oil for 7-8 mins until soft and tinged pale gold. When the penne and vegetables are almost ready, remove a ladleful of cooking water from the pan. Add 6 tbsp of this to the pan of courgettes, along with the soft cheese, Parmesan, lemon zest, half the lemon juice and seasoning. Stir to make a smooth, creamy sauce.

3 Drain the penne and vegetables, then mix with the creamy sauce, adding the basil, extra lemon juice and seasoning to taste. Serve in warmed bowls.

PER SERVING 456 kcs, protein 21g, carbs 71g, fat 12g, sat fat 5g, fibre 5g, sugar 6g, salt 0.53g

Spaghetti omelette

SERVES 4 • PREP 15 mins •
COOK 15 mins **Easy** **V** **Low fat**

2 tbsp olive oil
1 garlic clove, crushed
1 onion, chopped
2 courgettes, grated
2 tbsp chopped flat-leaf parsley
300g pot fresh cheese sauce
200g cooked spaghetti or other pasta
2 eggs

1 Heat half the oil in a medium non-stick frying pan and add the garlic and onion. Cook for 2-3 mins, until softened. Using your hands, squeeze out as much moisture from the courgettes as possible. Add them to the pan and cook for a further 3-4 mins, until tender. Spoon the vegetables into a large bowl.

2 Stir in the parsley, cheese sauce and spaghetti and season. Beat the eggs and stir into the mixture.

3 Heat remaining oil in the frying pan and tip in the spaghetti mixture. Level it out with the back of a spoon and cook over a medium heat for 3-5 mins, until almost set.

4 Transfer to a hot grill for 2-3 mins, until golden. Leave to cool in the pan for 5 mins, then cut into wedges and serve.

PER SERVING 324 kcs, protein 13g, carbs 21g, fat 22g, sat fat 8g, fibre 2g, sugar 5g, salt 0.68g

TIP Any leftover cooked pasta will work. Don't like courgettes? Use 125g drained canned sweetcorn instead.

A hit with the kids



Energy boosters

Nutrition-packed bites that are perfect for breakfast or a snack.

Walnut & raisin oatcakes

MAKES 40 • PREP 20 mins •

COOK 15 mins **Easy** (dough only)

Low fat

¼ tsp baking powder

4 tbsp milk

175g soft butter

100g caster sugar

300g rolled oats

140g wholemeal flour

50g raisins, roughly chopped

50g walnuts, finely chopped

oil, for greasing

1 Heat oven to 180C/160C fan. Dissolve the baking powder in the milk. Beat the butter and sugar together until creamy, then mix in the oats, flour, raisins, walnuts and milk to make a stiff dough.

2 Tip the dough onto a lightly floured surface and roll out to about 1cm thick. Cut into circles with a 5cm pastry cutter, place on an oiled baking sheet, then bake for 15 mins until lightly golden. Leave to cool, then serve with cheese, if you like.

Can be baked up to 2 days ahead and kept in an airtight container.

PER OATCAKE 94 kcals, protein 2g, carbs 11g, fat 5g, sat fat 3g, fibre 1g, sugar 4g, salt 0.08g



TIP With the added benefits of oats and wholemeal flour, which are a source of slow-release energy, one of these little oatcakes delivers has just enough sweetness, and is guaranteed to keep you satisfied.

Banana & blueberry muffins

MAKES 12 ● PREP 10 mins ●
COOK 20 mins **Easy**  Low fat

300g self-raising flour

1 tsp bicarbonate of soda

85g light muscovado sugar, plus

1 tbsp for sprinkling

50g porridge oats, plus 1 tbsp

2 very ripe bananas

284ml pot buttermilk

5 tbsp light olive or rapeseed oil

2 egg whites

150g punnet blueberries

1 Heat oven to 180C/160C fan. Line a muffin tin with 12 muffin cases. Tip the flour, bicarb, sugar and oats into a bowl. Mash bananas in a separate bowl then stir in the buttermilk, oil and egg whites.
2 Stir the banana mixture into the dry ingredients with a wooden spoon then tip in the blueberries and give one more stir. Divide between the cases and sprinkle with the extra oats and sugar. Bake for 18-20 mins until risen and golden. Cool for 5 mins then lift out to cool on a rack.

PER MUFFIN 202 kcals, protein 5g, carbs 36g, fat 5g, sat fat 1g, fibre 2g, sugar 14g, salt 0.59g

Spiced fruit loaf

MAKES 2 x 2lb loaves, each cuts into 8 slices ● PREP 30 mins plus soaking, rising and proving ● COOK 20 mins

Moderately Easy  Low fat

50g dried apricots, chopped

50g dried figs, chopped

50g pitted dates, chopped

50g sultanas

50g glacé cherries, chopped

juice 1 orange

450g strong white flour, plus extra for dusting

2 x 7g sachets easy-blend yeast

50g caster sugar

1½ tsp ground cinnamon

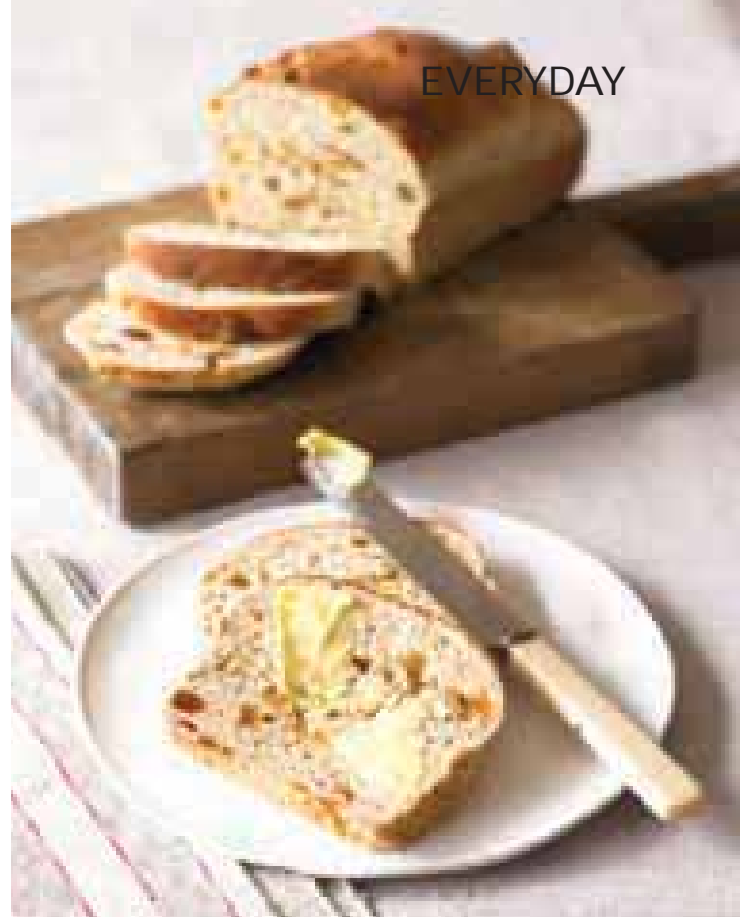
1 tsp ground ginger

150ml/¼pt warm milk

1 egg, beaten

50g unsalted butter, melted, plus extra for greasing oil, for greasing

1 Soak the dried fruits in the orange juice for about 30 mins, then sieve, reserving the juice. Put the flour, yeast, sugar and 1tsp salt into a large mixing bowl with the spices and dried fruit and mix well.



2 Make a well in the centre and pour in the warm milk, 50ml reserved orange juice, the beaten egg and melted butter. Mix everything together to form a dough – start with a wooden spoon and finish with your hands. If the dough is too dry, add a little more warm orange juice; if it's too wet, add more flour.

3 Knead in the bowl or on a floured surface until the dough becomes smooth and springy. Transfer to a clean, lightly greased bowl and cover loosely with a clean, damp tea towel. Leave in a warm place to rise until roughly doubled in size – this will take about 1 hr depending on how warm the room is.

4 Tip the risen dough onto a lightly floured surface. Knead for a few seconds. Dust a 2 x 2lb loaf tins with flour. Halve the dough. Use a little flour to help you shape each half into a smooth oval, then pop into the tins.

5 Cover both loosely with a clean, damp tea towel and leave to prove in a warm place for about 20 mins. Meanwhile, heat oven to 180C/160C fan/gas 4. Bake for 20 mins, then cool in the tins before turning out and slicing. Serve with butter or low-fat spread, if you like.

PER SLICE 190 kcals, protein 5g, carbs 36g, fat 4g, sat fat 2g, fibre 2g, sugar 14g, salt 0.35g

TIP Supplying natural sugars as well as energising B vitamins, bananas are perfect for an instant energy boost. We've combined them with oats so our muffins supply steady energy to help prevent the peak and crash typical of some sweet treats.

TIP The dried fruit in this tasty loaf provide up to four times the energising carbs of their fresh equivalent and supply a quick pick-me-up that's sure to satisfy even the sweetest of cravings.





Skinny chocolate & cranberry muffins

MAKES 12 ● PREP 15 mins ●

COOK 20 mins **Easy**  Low fat

250g self-raising flour
1 tbsp cocoa powder
1 tsp baking powder
1 tsp cinnamon
85g light muscovado sugar
85g dried cranberries
25g dark chocolate (70% cocoa solids), chopped
125g tub low-fat yogurt
125ml skimmed milk
3 tbsp sunflower oil
1 egg, lightly beaten

1 Heat oven to 180C/160C fan. Line a 12-hole muffin tin with paper cases. Sift the flour, cocoa, baking powder and cinnamon into a bowl. Stir in the sugar and cranberries. Microwave the chocolate on Medium for 1-1½ mins, stir, then set aside.

2 Mix the yoghurt and milk with the oil and egg. Make a well in the centre of the dry mix and gently stir in the liquid. Drizzle half the chocolate over the mix, gently fold in until swirled, then repeat with the remaining chocolate.

3 Spoon the mix into the muffin cases and bake for 15-20 mins until risen and firm to the touch.

PER MUFFIN 206 kcs, protein 4g, carbs 37g, fat 6g, saturated fat 1g, fibre 1g, sugar 17g, salt 0.42 g

TIP Good-quality dark chocolate is known to help restore energy levels and reduce fatigue – use the highest cocoa content you can find. Adding cinnamon to a sweet recipe helps minimise the effects on your blood sugar, keeping mood and energy levels stable.

5 new ways with wraps

Keep a pack of wraps handy, and a quick, healthy meal will be easy to whip up.

Carrot & houmous roll-ups

SERVES 4 • PREP 10 mins • NO COOK

Easy **Superhealthy** Counts as 1 of 5-a-day

Counts as 1 of 5-a-day
Spread a **200g tub houmous** between **4 seeded wraps**. Coarsely grate **4 carrots** and scatter on top of the houmous, finishing each wrap with a **small handful rocket leaves** and some seasoning. Roll up and eat.

PER SERVING 355 kcals, protein 10g, carbs 37g, fat 19g, sat fat 3g, fibre 6g, sugar 8g, salt 1.09g

Egg mayo & watercress wraps

SERVES 4 • PREP 5 mins •

COOK 10 mins **Easy** **Good for you**

Roughly chop **4 hard-boiled eggs**, mix with $\frac{1}{2}$ **small, diced red onion**, **4 tbsp mayonnaise** and some seasoning. Spread onto **4 wholemeal wraps**, add a **handful of watercress** to each wrap, roll up and serve.

PER SERVING 202 kcals, protein 9g, carbs 1g, fat 18g, sat fat 4g, fibre 1g, sugar 1g, salt 0.42g

Prawn cocktail rolls

SERVES 3 • PREP 10 mins • NO COOK

Easy

Mix **3 tbsp mayo** with **1 tbsp tomato ketchup** and a **few drops of Tabasco**. Mix in **200g small cooked prawns**. Shred **1 Baby Gem lettuce**, then scatter over the middle of **3 wholemeal wraps**.

Top each with the prawn cocktail mix and some seasoning. Roll up and serve with extra **Tabasco**, if you like it hot.

PER SERVING 332 kcals, protein 20g, carbs 31g, fat 15g, sat fat 2g, fibre 2g, sugar 3g, salt 2.24g

Cheese & ham quesadillas

SERVES 4 • PREP 5 mins •

COOK 10 mins **Easy**

Mix **200g grated cheddar** with **140g shredded ham** and **1 bunch of sliced spring onions** (optional). Divide the mixture between **4 white wraps** and fold each one over to make half moons.

Heat a large frying pan. Cook the quesadillas for 1-2 mins each side until the cheese has melted and the outside is golden and crisp.

PER SERVING 414 kcals, protein 24g, carbs 29g, fat 23g, sat fat 12g, fibre 2g, sugar 2g, salt 2.53g

Cobb salad wraps

SERVES 6 • PREP 15 mins •

COOK 10 mins **Easy**

Hard-boil **2 eggs**, about 10 mins. Cool, shell and cut into wedges. Meanwhile, roughly chop **6 rashers streaky bacon** and fry until crisp. Thinly slice **2 cooked chicken breasts**, crumble **140g blue cheese** and shred **1 Baby Gem lettuce**.

Spread **6 white wraps** with $\frac{1}{2}$ **tbsp mayo** each, then layer the other ingredients in the middle. Season with black pepper and roll up.

PER SERVING 428 kcals, protein 27g, carbs 28g, fat 24g, sat fat 8g, fibre 2g, sugar 1g, salt 2.03g



Fill up on fish

Versatile and quick to cook, fish is a light, healthy protein source.



NEW WAY
WITH MACKEREL

Teriyaki mackerel with tangy cucumber salad

SERVES 2 • PREP 10 mins •
COOK 10 mins **Easy** Rich in omega-3

2 hot-smoked, peppered mackerel fillets
1 tbsp teriyaki marinade, plus more if you like
bunch spring onions, finely sliced
100g/4oz basmati rice
½ cucumber, halved, sliced
50g baby spinach leaves
85g (or a big handful) beansprouts
1 tsp sugar
1 tbsp rice or white wine vinegar

1 Put mackerel into a shallow dish, splash over marinade and scatter with half the spring onions. Set aside. Put rice into a pan, cover with a fingertip of water, season and bring to the boil. Turn down heat, stir, then cover and simmer for 10 mins until the water has disappeared. Take off the heat, cover and leave to steam for 5 mins.

2 Mix cucumber with remaining onions, spinach leaves and beansprouts. Stir sugar and vinegar together with some seasoning. Lift the fish out of the marinade and put onto 2 plates. Drizzle with more marinade, if you like. Spoon the rice alongside, toss salad with the dressing and serve.

PER SERVING 489 kcals, protein 24g, carbs 48g, fat 23g, sat fat 6g, fibre 3g, sugar 7g, salt 2.86g

Salmon, fennel & orange salad

SERVES 4 • PREP 10 mins • COOK 5 mins **Easy** **Superhealthy** Good source of omega-3, counts as 3 of 5-a-day

4 small salmon fillets, or 2 large
100g bag watercress
410g can chickpeas, rinsed and drained
1 fennel bulb, thinly sliced
½ red onion, thinly sliced
2 oranges
100ml natural yoghurt
2 tbsp dill, chopped

1 Put the salmon in a microwave-proof dish, cover with cling film and cook on high for 3½-4 mins, until it's just cooked. Peel the skin away and flake into large chunks.

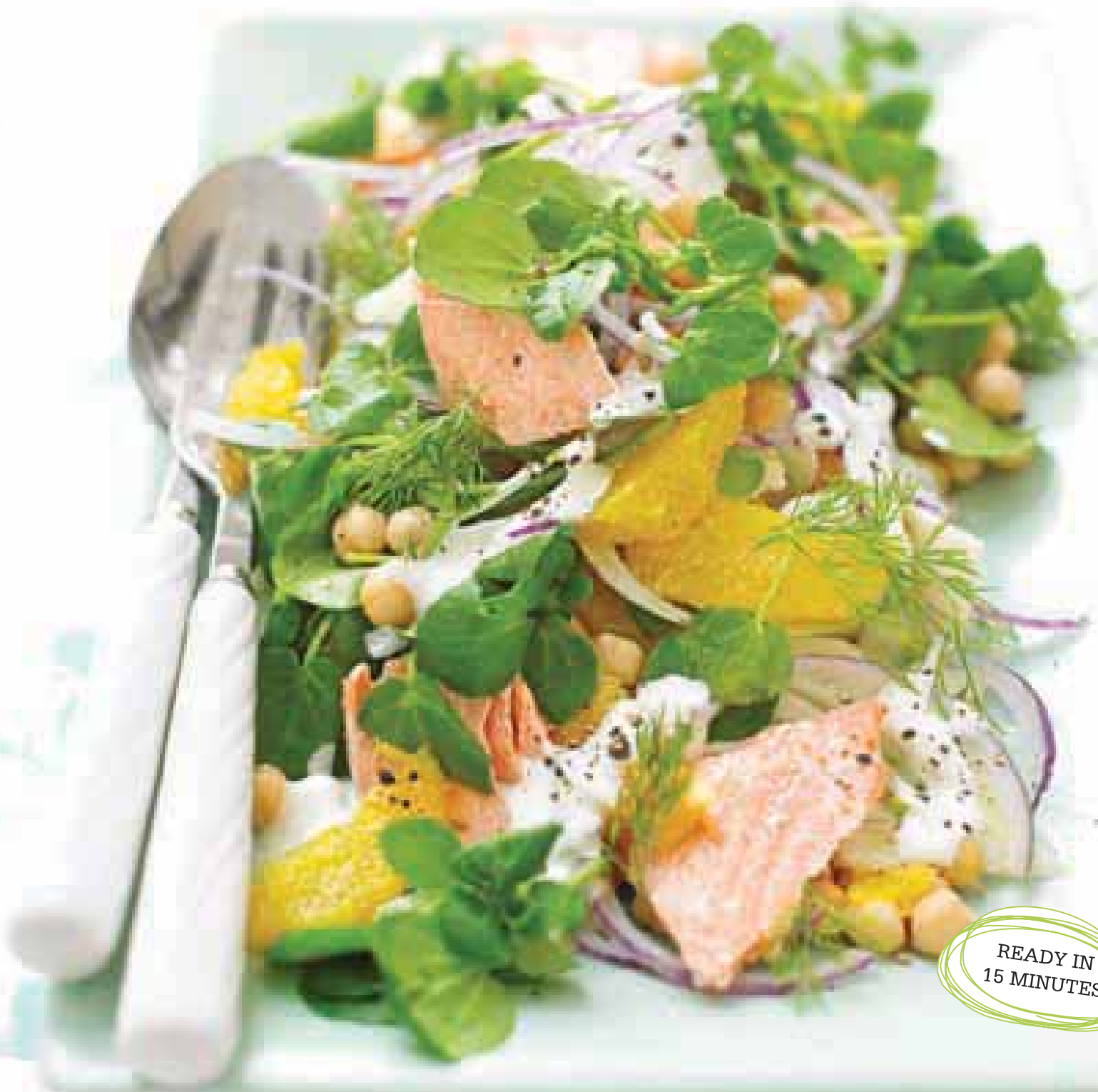
2 Toss together the watercress, chickpeas, fennel and onion, then arrange on a large platter. Zest one of the oranges, cut away the skin and pith from both fruit, then segment them both and add to the salad. Squeeze the juice from the middle of the oranges into a bowl and mix 2 tbsp of it with the yoghurt, dill, zest and seasoning.

3 Scatter the salmon over the salad, then serve drizzled with the creamy orange dressing.

PER SERVING 369 kcals, protein 34g, carbs 24g, fat 16g, sat fat 3g, fibre 6g, sugar 14g, salt 0.59g

HEALTH BENEFITS

Fish is an important component of a balanced diet, providing quality protein as well as heart-healthy omega-3 fats. Although white fish is lower in beneficial fats than oilier fish, it's still an excellent source of nutrients, including B vitamins and essential minerals.



READY IN
15 MINUTES



Curried fish tacos with bean salad

SERVES 2 • PREP 5 mins • COOK 5 mins

Easy **Superhealthy** High in fibre, counts as 3 of 5-a-day

- 1 ripe avocado, peeled and chopped**
- Juice of ½ lemon**
- 200g canned kidney beans, rinsed and drained**
- 1 finger-length cucumber chunk, diced**
- 85g cherry tomatoes, halved**
- 2 skinless haddock fillets, about 140g each**
- 1 tbsp plain flour**
- 1 tbsp mild curry powder**
- 2 tsp vegetable oil**
- 4 taco shells, soured cream and lime wedges, to serve**

- 1** Mix avocado with lemon juice in a bowl. Add beans, cucumber and tomatoes, then mix well with some seasoning. Slice the fish into thick, finger-length strips and toss in a bowl with flour and curry powder.
- 2** Heat oil in a large, non-stick pan, then fry the fish slices for 1 min on each side until cooked. Serve in the tacos, with the bean salad, soured cream and lime wedges on the side.

PER SERVING 396 kcals, protein 35g, carbs 23g, fat 19g, sat fat 2g, fibre 9g, sugar 5g, salt 1g



Grilled sardines with Sicilian fennel salad •

SERVES 2 • PREP 20 mins

COOK 10 mins **Easy**

Seasoning the fish with coarse rock salt stops them sticking to the grill.

Zest and juice of 1 lemon

Bunch parsley, ½ leaves kept whole, ½ finely chopped

1 small garlic clove, finely chopped

1 fennel bulb with fronds, bulb halved and finely sliced

50g pine nuts, toasted

50g raisins

Handful of green olives, chopped

3 tbsp olive oil

4 large sardines, scaled and gutted

- 1** Mix the lemon zest, chopped parsley and garlic together, then set aside. Pick the fronds from the fennel and set aside. Make the salad by mixing the sliced fennel and fronds with the pine nuts, raisins, olives and whole parsley leaves. Dress with the olive oil and lemon juice.
- 2** Heat the griddle pan. Season the fish with rock salt. Griddle for 2-3 mins on each side, until the eyes turn white. Sprinkle with the parsley mix and lift onto plates. Drizzle with oil and serve with the salad.

PER SERVING 663 kcals, protein 34g, carbs 20g, fat 50g, sat fat 7g, fibre 3g, sugar 20g, salt 1.49g



Zesty lentil & haddock pilaf

SERVES 4 • PREP 4 mins • COOK 16 mins **Easy** **Superhealthy** Counts as 2 of 5-a-day

250g easy-cook basmati rice
3 red onions, finely sliced
2 tbsp olive oil
140g smoked haddock fillet
250g pack ready-cooked Puy lentils
Zest 1 lemon, then cut lemon into wedges
Large bunch flat-leaf parsley, roughly chopped
25g toasted flaked almonds

1 Cook rice in boiling water until tender, then drain. Fry onions in oil in a non-stick pan over a medium heat for 10-12 mins until golden. Bring some water to the boil in a shallow pan. Add haddock fillets, poach for 4 mins until the fish is just cooked, then drain and break into large flakes. Spoon half the onions onto a plate, then set aside.

2 Stir the drained rice and lentils into the onion pan, then fold through fish, lemon zest and parsley to heat through. Serve topped with reserved onions and the almonds, with the lemon wedges on side.

PER SERVING 468 kcals, protein 27g, carbs 70g, fat 11g, sat fat 1g, fibre 7g, sugar 6g, salt 1.39g

MUSIC FESTIVAL: 3RD EDITION



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Ice & easy

Weeknights don't have to be dessert-free. This quick, cool sorbet is great for some summer sweetness! Recipe JANICE RATCLIFFE
Photograph BRETT STEVENS

Apple and mint sorbet

Makes 1 litre • 35 minutes + churning

● Easy

2 tbsp sugar

Mint, a small bunch

6-8 apples, quartered and juiced to make 850ml (or use a good quality bought apple juice)

1/2 lemon, juiced

1 Put the sugar in a small pan with 150ml water. Heat until the sugar has dissolved then add the mint. Leave to infuse for 20 minutes. Strain and add to the apple and lemon juice.

2 Pour into an ice-cream maker and churn to a sorbet consistency.

PER 100ML 45 kcals, protein 0.1g, carbohydrate 11.6g, fat 0.1g, saturated fat 0g, fibre 0g, salt 0g



MAZINA

GENERATION CREATION

Saturday FAMILY BRUNCH AT MAZINA

This June we invite all budding pastry chefs to pick up a piping bag and get creative with our cake icing challenge at Mazina's Generation Creation Saturday family brunch. Join forces with another family member for a fun-filled afternoon and display your artistic talents, using coloured icing and edible decorations. Fabulous prizes are on offer along with an endless buffet of delicious international dishes and plenty of entertainment options for the younger members of the family.

Reserve a table today and get ready for more hands-on fun at Mazina.

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WHERE *life* HAPPENS

★ Chef's Bites

Interviews with culinary experts from the UAE and beyond, plus exclusive recipes



★ **44** A chat with Giorgio Locatelli



★ **46** How to grow-your-own and eat



★ **52** A Polynesian feast

Chicken with lemons,
sumac & spiced yoghurt,
recipe p50





An Italian Kitchen

Nicola Monteath gets up close and personal with celebrity chef Giorgio Locatelli, to find out more about his inspirations, and life as a chef when off duty.

The minute Giorgio Locatelli sits down for our chat, he asks for an espresso which is gulped down in one large sip, in true Italian manner. Celebrity chef, TV show host and owner of Ronda Locatelli in Atlantis the Palm Dubai, Giorgio was born and raised in Northern Italy – and he is as Italian as it gets. He credits his extensive culinary knowledge to his grandmother, who taught him how to cook without a recipe in hand.

"Italian cuisine is the most renowned cuisine worldwide. It has been developed through Italian families that have moved around the world and taken their knowledge of food and ingredients wherever they went, which is why it is the base of a number of other cuisines," says Giorgio.

Giorgio conceptualises his dishes by first choosing an ingredient; he then tastes the ingredient before going into a thought process and later sketches and paints the final dish on paper, in order to mimic its presentation in reality. "My inspiration comes from fresh ingredients," he says, "I prefer working with seasonal ingredients, as they play a significant role in Italian cuisine. Italians prefer quality; they pick one ingredient and try to create and perfect a dish around it."

Giorgio tries to use locally sourced produce at all times and was pleasantly surprised from a trip to an organic farm in Abu Dhabi. "I remember picking up a carrot and biting into it – it was delicious, so juicy and fresh. I could smell the carrots even after three hours of leaving

the farm, as though they were still somewhere around me. It would be great to have more organic farms in the UAE," he says.

When asked how important it is to use locally sourced produce, he says "Wouldn't it be great if people could grow fruits and vegetables in their own gardens? Children and people need to see fruits and vegetables growing before their eyes, through the seasons, so that they can appreciate the flavour and taste of fresh produce even more."

This conversation makes him reminiscent of his own childhood. "We used to go out to the dairy farms and drink fresh cow's milk – it's so different from what is available in the market, its frothy, foamy and creamy," he recalls. Giorgio remembers quite a lot from his childhood, especially trips to the farms and fields, and dishes his grandma used to cook for the family. "She used to make this delicious roast rabbit with polenta, it was so tender and juicy, and the polenta was just perfect," he says. "Another favourite was an ice cream croccantini, made with vanilla ice cream and morello cherries, dipped in chocolates and then hazelnuts."

These home-style foods from his childhood are very close to his heart, and he's trying to recreate some of those flavours in his restaurant kitchens at Ronda Locatelli.

When Giorgio is not cooking in a restaurant kitchen or on TV or for celebrities, he likes to cook at home for

his family. "I cook for my family around three or four times a week. My daughter, Margherita, 15, has a number of allergies and only recently we found that she isn't actually allergic to rice. So, she now wants boiled rice and sautéed vegetables every day. I think she is making up for all those years she couldn't eat it," he jokes.

When cooking at home, as well as in his restaurants, Giorgio's focus stays firmly on fresh, seasonal vegetables; he highly recommends using aubergines and tomatoes during summer. "I like these vegetables in every type, shape and form, in the summer. They are so simple to work with and packed with flavours."

Like most Italians, Giorgio also loves cooking with fish, "Any fish I can get my hands on is great! I like to eat it fresh and grilled. Sea bass is one of my favourites; it's great with plain sliced potatoes, lemons, oregano, rosemary and a drizzle of white wine on top," he says.

We got Giorgio to share recipes for two of his signature dishes inspired by his favourite memories of the kitchen he grew up in.

Top tips from Giorgio:

- ✦ Never put olive oil in the water when boiling the pasta, it does absolutely nothing at all.
- ✦ Always add 3g of salt per litre of water.
- ✦ When the pasta is in the water, make sure to stir it around. This keeps it from sticking.

6 *Pasta al pesto trapanese is one of the most famous recipes around Trapani in Sicily, made with the pesto sauce that is named after the city.* 9



Busiate al pesto Trapanese

SERVES 4

FOR THE PASTA

175g semolina flour
75g '00' flour plus extra, for dusting
1 egg yolk
1 tsp olive oil
1 tsp sea salt

FOR THE PESTO

Tomato and almond pesto
75g almonds
500g plum tomatoes
4 garlic cloves
sea salt and freshly ground black pepper
40g fresh mint, shredded
50ml olive oil
(This pesto can be used with fish and meat as well).

1 Heat oven to 180°C. Lay almonds in a single layer on a baking tray and place in oven for 8 minutes. Make sure they don't burn and remove when they are golden. Chop the almonds.
2 Bring water to a boil and add tomatoes for 10 seconds. Drain under cold water and peel.

Cut in half, scoop out the seeds with a teaspoon and chop flesh. Grind toasted almonds with garlic, using a pestle and mortar, until you have a paste.

3 Add tomatoes, salt, pepper and mint and pound lightly, to crush tomatoes a little. Add olive oil, little at a time, and work into a paste.

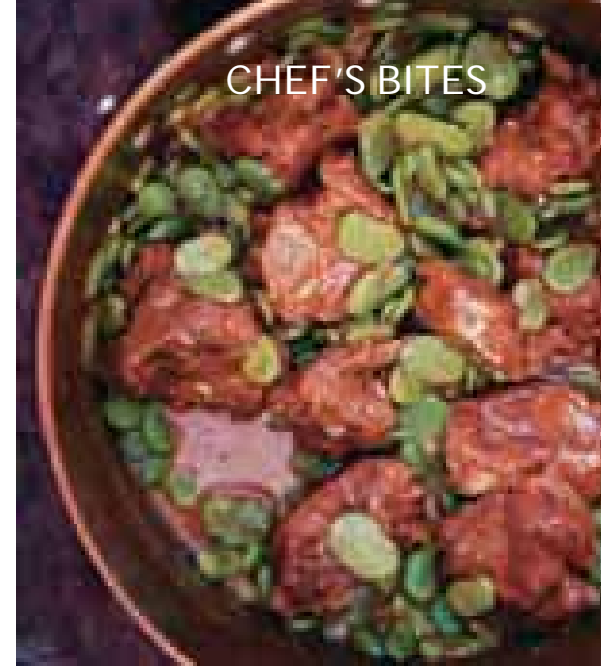
4 Put all the pasta ingredients into a food mixer with a paddle and whiz until everything becomes a dough, then leave it to rest for 20 minutes.

5 Dust a baking sheet with flour. To form the busiate shapes, roll dough out into a rectangle about 2mm thick. Cut lengthways into 1 cm wide strips. Coil each strip tightly along a clean knitting needle. Roll the needle over a work surface so that it flattens and helps the coil of pasta stick to itself. Slowly take it off the needle and lay it on the floured baking sheet. Repeat with all strips of pasta, in a single layer and dry for one hour.

6 Bring a large pan of water to boil and add salt. After a few minutes add busiate and cook for 5 minutes. If using packet pasta, boil for 1 minute lesser than directed

7 Drain lightly, place back in pan, add pesto and toss together before serving.

CHEF'S BITES



Castrato con fave verdi

SERVES 4

1kg boneless leg of lamb or mutton
Juice of 1/2 lemon or 1 tablespoons of vinegar (if using mutton)
Sea salt and freshly ground black pepper
3 tbsp olive oil
1 tbsp parsley
1 tbsp garlic, chopped
Plain flour
1/2 tbsp garlic oil
1/2 medium white onion, chopped
30ml dry white wine
1litre lamb or chicken stock
250g podded fresh broad beans (or frozen beans)
Extra virgin olive oil

1 If using mutton, put the meat into a bowl with the lemon juice or vinegar, 1-2 tbsp olive oil and a pinch of salt. Leave overnight in the fridge and rinse under running water, pat dry and cut into chunks.

2 Make slits in the meat and insert parsley and garlic into each slit. On a plate, place flour. Season the mutton or lamb with salt and dust with flour.

3 Heat the rest of the olive oil and garlic oil in a large pan, then place meat and brown over medium heat. When lamb is browned, add onions and cook for a few minutes until tender.

4 Add white wine and bubble up until the alcohol has evaporated, then add stock.

5 Add broad beans and cook for 1-1 1/2 hours, adding a little water from time to time, until meat is tender and sauce has thickened.

6 Drizzle with a little extra virgin olive oil and serve with crusty bread.

FARM to fork



Want to grow your own fruit and veg in your backyard and create wholesome dishes with it? Chef Yves de Lafonatine from The Farm restaurant shows us how.

Photographs CRIS MEJORADA

With organic food stores and local markets popping up everywhere in the UAE, restaurants too are slowly jumping on the bandwagon, to cater to the demands of the health conscious. One such restaurant that has created quite a buzz in Dubai with its very unique offering, is The Farm at Al Barari (a luxury residential development created to resemble a desert oasis, with themed gardens stretched over nearly seventeen kilometres of natural landscaped lakes, waterways and streams).

Located just off Emirates road and set amidst lush green surroundings, the restaurant focuses on wholesome food, in a natural, earthy environment. "The founder of Al Barari, always had a passion for healthy eating and living, which was the seed of the idea for The Farm," says Yves De Lafonatine, head chef of the restaurant, who coincidentally had his own farm in Seychelles, as a hobby.

"I remember growing heirloom tomatoes around six years ago. Only recently they been appearing in the fruit and veg sections in supermarkets. It's so rewarding when you know that this vegetable was something you once grew in your own backyard!" says Yves, a Seychellois raised in Australia, who worked at top restaurants down under before moving to Dubai in 2007 to open the Marks & Spencer deli, Bloomingdales bakery section and Jones the Grocer café, in that order.

The Farm's philosophy is to serve 'good

quality wholesome food in a tranquil setting', with produce sourced from farms within the region, and by utilising herbs grown in the restaurant's garden. "We try to use organic produce wherever possible. We also use fresh, locally sourced produce, and grow our own herbs in the garden as well, which is something we take pride in," he says.

The cuisine and concept of the dishes on the menu crafted by Yves, caters to individual taste buds, as well as dietary requirements. Most dishes include protein (fish, meat, chicken or vegetarian options like tofu) and sides such as quinoa, wild rice, salads and breads, plus vegetables, to provide a balanced meal. "We give people the freedom to choose what they want to eat. This way they can explore different foods while sticking to their diets," says Yves. The menu is displayed on an Ipad, in order to make it more visual and give people a clear idea of what they will be eating.

On a mission to help people with dietary concerns eat healthy, without compromising on taste, chef Yves wants to promote the ideas of eating fresh, seasonal and local. "Seasonal produce make a lot of difference," says Yves. "Diabetes is a huge concern in the UAE and we would like to promote healthy eating and living to help people make the right choices," he adds.

Yves also believes that making the right choices starts at home, so if you are looking at starting your own backyard



garden, make sure to "pick the right season. With the climate in this region, you need a lot of patience," says Yves. He advises those looking to grow-your-own to "pay attention and understand produce. You need to be passionate about it, only then will you understand when to sow seeds and when to expect a good harvest."

Discouraging as it may sound, Yves firmly believes, "It isn't hard to grow your own fruit and vegetables and cook using these fresh ingredients! Once you see the produce you have grown, you immediately think of recipes to cook up. Don't over-think produce – explore the range of dishes that can be cooked and look at ways of preserving them for the months ahead as well. Just be sure to make the produce the star of the dish, and don't mask it with heavy sauces."

To prove his point, Yves shares three simple, nutritious recipes that he created using ingredients from the restaurant's garden. Even if they don't come from your own backyard or balcony, just ensure fresh ingredients to recreate these dishes.

Potato crusted quiche filled with smoked veal bacon, leeks and broccolini

2 ½ cups of red potato, shredded
 1 egg white, beaten until frothy
 1 tbsp parmesan cheese
 1 tsp dried oregano
 ¼ tsp salt

FOR FILLING

3 slices of smoked veal bacon
 80g leek, chopped
 60g broccolini (you can also use broccoli instead)
 1 cup skimmed milk
 ¼ cup low fat cream cheese
 2 eggs
 2 egg whites
 2 tbsp fresh parsley, chopped
 ½ tsp salt
 ¼ tsp white pepper
 ½ cup extra-sharp reduced fat cheddar

1 Preheat oven to 180°C. To make the crust, combine all the crust ingredients in mixing bowl and press into a 9" quiche or pie pan, covering the sides and bottom. Bake for 10 minutes, remove and set aside.

2 Cook smoked veal bacon in a large skillet over medium-heat until crispy, remove from pan leaving the drippings in. Add the chopped leeks and cook until soft, lastly add broccolini and sauté for 3 minutes until slightly tender.

3 In a bowl, combine milk, cream cheese, eggs, egg whites, parsley, salt pepper. Mix thoroughly and add the cheddar cheese and cooked smoked veal bacon.

4 In the cooked crust, spread the broccolini and leeks. Pour the milk mixture over evenly distributing the filling all around the pan.

5 Bake for 15 minutes at 180° C. Then lower the heat to 120° C for 25 minutes. To check if the quiche is cooked, insert the tip of a knife in the center, it should come out clean.

6 Serve the quiche hot with a fresh green salad.





Quinoa and Camargue Red Rice Salad

100g pistachio nuts, shelled
 300g quinoa
 200g Camargue red rice (available at The Farm)
 1 onion
 1 garlic glove, crushed
 4 spring onions, thinly sliced
 100g dried apricots, chopped
 Rocket leaves
 Sea salt
 Fresh ground white pepper
 50g sultanas soaked in warm water
 100g goat cheese, crumbled
FOR THE VINAIGRETTE
 150ml olive oil
 Zest and juice of 1 orange

- 1** Toast the pistachios. Let cool down and chop roughly.
- 2** Cook the quinoa in boiling water until soft (15 min). Drain. Spread in sheet pans to allow cooling down.
- 3** Cook the rice in another pan with boiling water until soft (25 min). Drain. Spread in a sheet to allow cooling down.
- 4** To make the vinaigrette, mix together the orange juice and olive oil.
- 5** Sauté the white onions in olive oil until golden and brown. Set aside. In a large mixing bowl, combine the rice, quinoa, onions and vinaigrette.
- 6** Add the rest of the ingredients and adjust seasoning to taste.
- 7** When ready, mix the rocket leaves in and serve

Lemon Lavender Meringue Tart

FOR SWEET TART PASTRY

$\frac{1}{2}$ cup unsalted butter, softened to room temperature
 7 tbsp sugar
 1 extra-large egg
 $1\frac{3}{4}$ cups all-purpose flour

FOR LEMON FILLING

Juice of 2 lemons
 $\frac{3}{4}$ cup plus 2 tbsp granulated sugar
 6 extra-large egg yolks
 1 cup heavy cream

FOR LAVENDER MERINGUE

$\frac{3}{4}$ cup plus 2 tbsp superfine lavender sugar
 4 extra-large egg whites

- 1** Mix the butter and sugar thoroughly. Add the egg and continue mixing until it thoroughly combined.
- 2** Add flour to the dough until just comes together. Add a tablespoon of cold water if the dough seems too dry.
- 3** Knead lightly on a floured surface and shape into a flat disk.
- 4** Wrap in plastic wrap and refrigerate

for 30 minutes before using.

5 Roll out the pastry on a floured surface to about 3mm thickness. Use it to line tart pan (with a removable bottom.) Leave a little excess pastry hanging over the sides of the pan and refrigerate for 30 minutes.

6 Preheat the oven to 180°C. Line the tart shell with foil and fill with pie weights (baking beans). Bake until set and lightly golden, 15-20 minutes.

7 Whisk together all the ingredients for the filling. Pour the filling into the pastry shell and then bake until the filling looks slightly set, about 30 minutes. Turn off the oven and leave the tart inside to cool slowly.

8 Place sugar in a pan over low heat – until it is warm to the touch. Beat the egg whites to stiff peaks gradually adding in the warm sugar and then continue beating until the meringue has tripled in volume and is firm and glossy.

9 Spread the meringue over the filling and run a blowtorch over the meringue until it is nicely caramelised (if you don't have one, you can place under a high heat grill too).



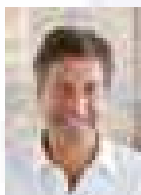


**MAKE
BREAKFAST
AN OCCASION.**

LOVE FOOD WITH LURPAK



Summer roast chicken



Love roast chicken, but want to give it a summer twist? **John Torode**, BBC *MasterChef* judge, has the solution with this simple, seasonal menu.



Roast dinner menu

To serve 4 – with extra helpings of pud!

- Chicken with lemons, sumac & spiced yoghurt
- Smashed rosemary potatoes, Green beans with shallots, garlic & toasted almonds
- Vanilla & pomegranate cake

KNOW-HOW

Sumac is a popular Middle Eastern powdered spice. Its sour, lemony flavour works well with chicken and lamb as well as rice and pulses. If you can't find any, then finely grated lemon zest can be added, but you won't get the same 'bronzed' colour on the chicken's skin.

Chicken with lemons, sumac & spiced yoghurt

SERVES 4 • PREP 10 mins •

COOK 1½ hrs **Easy**

Take chicken to a new level with lemons and fragrant, zingy sumac. You can also barbecue this by spatchcocking the chicken and coating it in the flavourings (just use the juice of the lemons and crush the garlic) before cooking.

1 large free-range chicken (about 1.5kg)

3 lemons, cut into eights

Handful of black, pitted olives

3 small shallots, peeled and left whole

6 garlic cloves, peeled and squashed

2 tbsp sumac (see Know-how, below)

1 tbsp vegetable oil

FOR THE SPICED YOGHURT

1 tsp each ground coriander and cumin

½ tsp each ground turmeric and mustard seeds

½ tsp chilli powder, mild or hot, depending on taste

500g pot natural yoghurt

1 long red chilli, thinly sliced

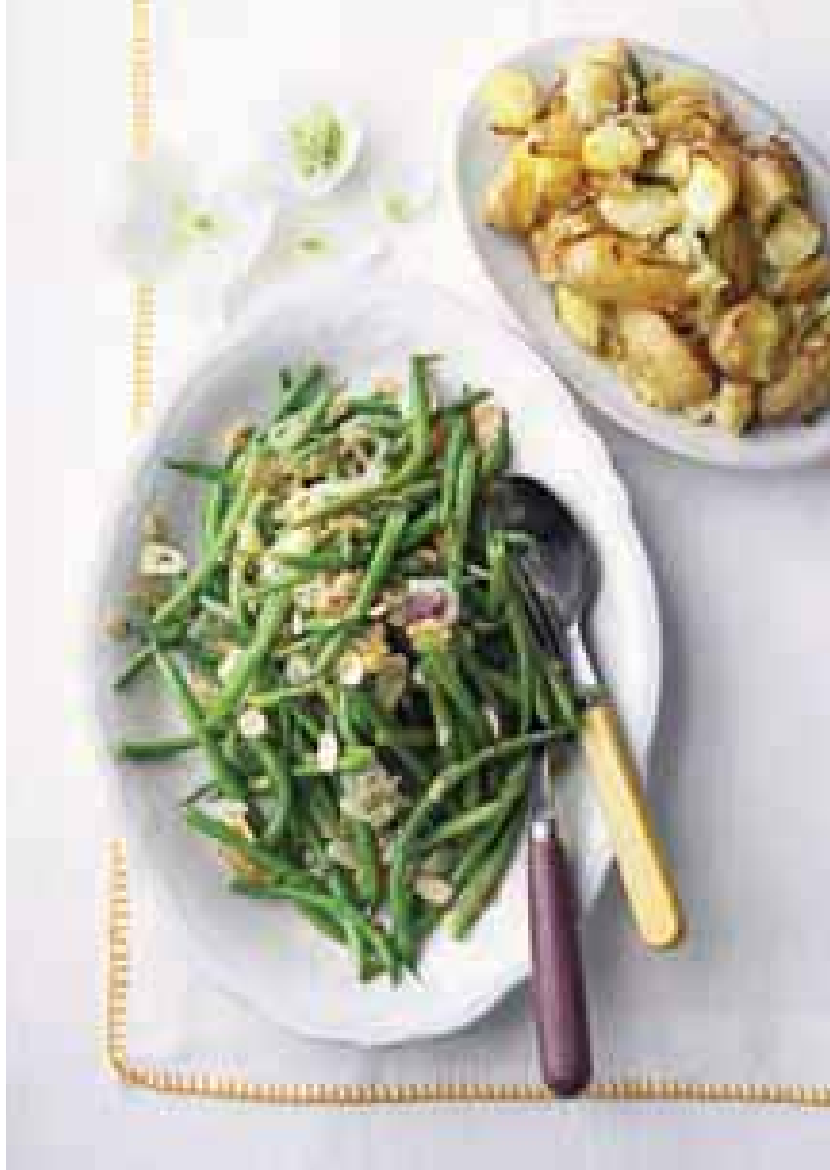
Bunch spring onions, sliced

1 Heat oven to 200C/180C fan. First, season the inside of the chicken. In a bowl mix the lemons, olives, shallots and garlic with half the sumac and some salt. Scrunch them all together and add 1 tbsp of water. Open the bird up and pour the mix into the cavity.

2 Then, take the oil and the rest of the sumac and rub onto the chicken, massaging it into every part possible. Roast for 1½ hrs or until cooked through and the juices run clear when a skewer is inserted into the thickest part of the leg.

3 While the chicken is cooking, mix all the ingredients for the spiced yoghurt with some salt – if you like it a little milder, deseed the chilli before slicing it. Carve the chicken and serve topped with a dollop of the yoghurt.

PER SERVING 537 kcs, protein 56g, carbs 12g, fat 30g, sat fat 10g, fibre 1g, sugar 11g, salt 0.66g



Smashed rosemary potatoes

SERVES 4 • PREP 5 mins • COOK 50 mins **Easy** **Superhealthy** Good source of vit C. **Low fat**

1kg/2lb 4oz small potatoes

2 large rosemary sprigs

2 tbsp olive oil

2 garlic cloves, sliced

1 Boil the potatoes in lots of salted water until almost cooked all the way through. Drain and leave to cool a bit. Strip the rosemary leaves and mix with the oil, garlic and seasoning in a roasting tray.

2 Tip in the potatoes, crush them a little with a masher or a fork and toss with the oil mixture. Roast for 35 mins in the oven underneath the chicken until they are crunchy and you can smell the rosemary and the garlic just on the edge of burning.

PER SERVING 239 kcals, protein 5g, carbs 43g, fat 6g, sat fat 1g, fibre 3g, sugar 2g, salt 0.04g

Green beans with shallots, garlic & toasted almonds

SERVES 4 • PREP 5 mins • COOK 10 mins **Easy** **Superhealthy** Counts as 1 of 5-a-day

Cook **300g green beans** in boiling salted water until tender, then drain and cool under running water. Set aside.

Put **2 tbsp olive oil**, **2 very finely sliced small shallots**, **3 thinly sliced garlic cloves** and some salt in a frying pan, then cook gently for about 8 mins until soft but not brown. Tip in the beans and a grind of pepper, toss well, then warm through. Finish with a squeeze of **lemon** and **2 tbsp toasted flaked almonds**.

PER SERVING 47 kcals, protein 3g, carbs 3g, fat 3g, sat fat none, fibre 2g, sugar 2g, salt none



Vanilla & pomegranate cake

SERVES 8 • PREP 20 mins •

COOK 50 mins **Easy** **Superhealthy** Cake only

200g butter

200g caster sugar

3 eggs

zest 1 lemon plus juice of ½

140g self-raising flour

100g plain flour

½ tsp vanilla extract

FOR THE SYRUP

juice ½ lemon (use the other half of the one for the cake)

2 pomegranates, juice of one, seeds of one (or 100ml pomegranate juice, 110g pack pomegranate seeds)

85g caster sugar

½ tsp vanilla extract

1 Heat oven to 160C/140C fan. Grease and line a 20cm loose-bottomed cake tin. Beat the butter and sugar with an electric whisk until pale and creamy. Add the eggs one at a time, then add the lemon zest and juice and vanilla extract. Fold in the flours with a metal spoon until well mixed. Transfer to the cake tin, smooth the top, then bake for 50 mins until risen and golden.

2 To make the syrup, mix the lemon juice with the pomegranate juice, caster sugar and vanilla, then heat gently until the sugar dissolves. Increase the heat and reduce slightly until syrupy. Remove from the heat and cool slightly, then tip in the pomegranate seeds.

3 Remove cake from oven. Allow to cool before poking holes all over it with a skewer and pouring over the pomegranate syrup. Enjoy warm or after cooling completely in the tin.

PER SERVING 475 kcals, protein 6g, carbs 64g, fat 24g, sat fat 14g, fibre 1g, sugar 42g, salt 0.55g

Tiki twist

Marcus Chant, head chef of Mahiki, shares a Polynesian-themed canapé menu that you can impress with, the next time you have friends over.

Photographs CRIS MEJORADA



Sliders 3 ways

MAKES 6

FOR THE WAGYU BEEF SLIDER

150g Wagyu beef, minced
6 tbsp English mustard
6 tbsp dijon mustard
6 dash of worcester sauce
60g of onion, chopped
9 cloves of garlic, sliced
4 bunches of thyme, chopped
4 bunches of rosemary, chopped
9 Corichons, sliced lengthways
6 clove of garlic, roasted in the skin and peeled

600ml of corn oil

6 egg yolk

6 Plain sesame mini burger bun

FOR THE LAMB RUMP SLIDER

150g lamb rump, roasted rare

450g peas

30g butter

30g brown onion



British chef Marcus Chant started his culinary training with his father, when he was just 12, at Glenneagles in Chewton Glenn and since then, has also worked closely with three Michelin star chef Brett Graham and celebrity chef Gary Rhodes at the Greenhouse restaurant in Mayfair, London. Before moving to Dubai, Marcus worked at Incanto restaurant in Harrow, London, where he scooped up the highly coveted honour of being a Three Rosette chef.

6 clove garlic, sliced
 6 tbsp of the roasted garlic aioli
 6 quail egg
 6 Rosemary mini burger bun
FOR THE SPICY CHICKEN SLIDER
 150g chicken breast
 30g sea salt
 30g dried chili
 30g whole black peppercorns
 150g plain white flour
 6 pineapple, peeled and finely diced
 6 chilli, finely diced
 Cracked black pepper to taste
Turmeric Mini Burger Bun

1 Sweat the onions, garlic, thyme and rosemary until cooked but still colourless. Add some more chopped rosemary and thyme and leave to cool. Mix thoroughly with the coarse Wagyu Mince and add both mustards, Worcester sauce and Tabasco. Mould to form burger patties to fit inside the mini buns and place in the fridge to set.

2 To make garlic aioli, slice the cornichons lengthways and in a blender place some roasted garlic, 1tsp of English mustard and egg yolk. Blend and then set aside to refrigerate.

3 In a separate pan, sweat sliced onion in butter with peas until cooked with no colour. Cover the mixture in a little water and push through a sieve. Cook the lamb rump in an oven on 185 °C for six minutes on each side and keep it aside for six minutes.

4 Take a dry pan and heat until dry smoke starts to form. Once the pan is hot, add pineapple (to caramelise) and sprinkle chilli and black pepper on the side facing upwards.

5 In a dry pan, toast the spices of dried chilli, black pepper and sea salt and roast for a few minutes over medium heat. Marinate the chicken breast in milk. Add to flour and chop until it becomes a fine smooth batter. Add the chicken breast to the flour batter and fry until both sides are crisp.

6 When plating, cut the three mini burger buns in half. In the first bun, place cornichons and add a dot of garlic aioli. Fry the burger patty to medium rare and lightly fry the quail egg so that it is still runny. Place on top of the patty in the bun. For the second slider, put a spoonful of pea puree and add three slices of lamb rump. Season with salt and add a dash of garlic aioli. For the third slider, place the crispy chicken breast and top with pineapple, chilli, pepper and salsa.



Tiki prawns

SERVES 6

12 prawns, cut in half from head to tail
 6 passion fruits
 6 oranges, segmented
 6 tbsp tomato ketchup
 9 red chili, finely diced
 1 bunch thyme, chopped
 3 bunch rosemary, chopped
 3 tbsp Hoisin sauce
 3 cups of breadcrumbs
 Cress leaves, to garnish

1 In a small bowl, mix the ketchup and hoisin sauce together.

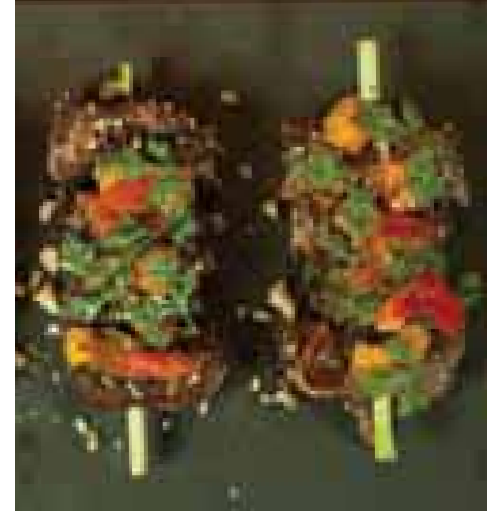
2 Cut the prawns from head to tail and brush with the sauce mixture. Sprinkle chopped herbs on top.

3 Drizzle with olive oil and lightly sprinkle with bread crumbs. Roast in the oven at 180°C for 20 minutes and place on a plate.

4 In a hot pan, sear the oranges and arrange besides the prawns.

5 Top with cress leaves and drizzle with olive oil. Squeeze half an orange on top of the prawns.

6 Before serving, cut the passion fruit into half, and sprinkle the flesh over the prawns.



Wagyu beef with mushrooms and mango on lemon grass skewers

525g Wagyu beef sirloin (or any other good quality sirloin)
 600g wild mushrooms
 6 sticks of lemon grass
 3 mangos (not too ripe), stones removed and thinly sliced
 Pinch of salt and pepper

1 Prepare lemongrass skewers by cutting them into skewer size pieces. Soak for 2 hours in a bowl of water.

2 Slice Wagyu beef sirloin into (3x10cm) strips (note: they need to be rolled up). Chop mushrooms and mangoes and keep all ingredients in separate bowls in the refrigerator for 20 minutes.

3 Once all ingredients are cold, carefully place a small amount of mushrooms and mango on the sirloin strips and roll up. Skewer with the lemon grass and refrigerate for 15 minutes.

4 Heat up a griddle pan brush with oil and when smoking place skewers on the grill for no more than 2 minutes per side.

5 Season with sea salt and cracked black pepper and serve immediately.

6 *Tiki cuisine is all about fusion. It is a mix of European style cuisine and made up of dishes that are sweet, sour or hot in taste. The main ingredients of this cuisine include tropical fruits, seafood, pork and chicken or beef.*

– Marcus Chant

Bon Appétit experiences at Options

Celebrity chef and TV host Sanjeev Kapoor enthralled fans at an exclusive cooking demonstration for Emirates NBD's Bon Appétit club members, at an event hosted by *BBC Good Food ME* last month.

With flickering candles and a pianist belting out Bollywood tunes, the setting was perfect for the all foodie Bon Appétit club members trickling into the elegant Options restaurant at Dubai World Trade Centre. There were over a hundred people in attendance, and everyone was eagerly waiting for Indian food hero and chef par excellence, Sanjeev Kapoor, who had flown in only for this evening, to make an appearance. As they sipped delicious mocktails and mingled, the atmosphere was palpable. It wasn't long before Chef Sanjeev arrived and turned on his magic, chatting and interacting with the guests while he effortlessly conjured up a lip-smacking canapé menu of Barbecue seafood exotica and Mango delight.

Interspersing his demonstration with dollops of humour and words of encouragement, the charismatic chef regaled the audience as they crowded around the cooking area. "You can try these out when you have a party at home. Nothing is too difficult," he said.

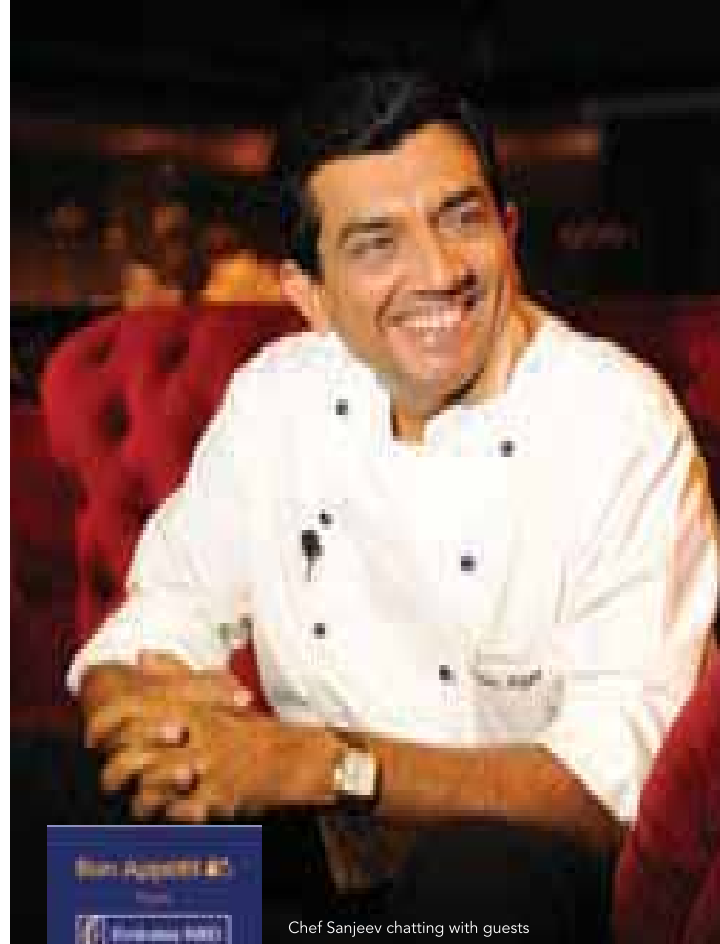
In between the two courses, guests also got to try bite-sized samplers of the dishes he cooked up. After the last crumbs of dessert – an innovative concoction of chocolate and mango topped up with a mini gulab jamun – were wiped off the sampler plates, Chef Sanjeev, ever the consummate professional, was happy to share tips and get photographed with the Bon Appétit members.

He said, "I am delighted to be part of Emirates NBD's initiative which I truly believe is a win-win experience for everyone taking part in it. It does not only allow people to interact live with international chefs, but also offers them a chance to spend good time at a nice place while enjoying good food."

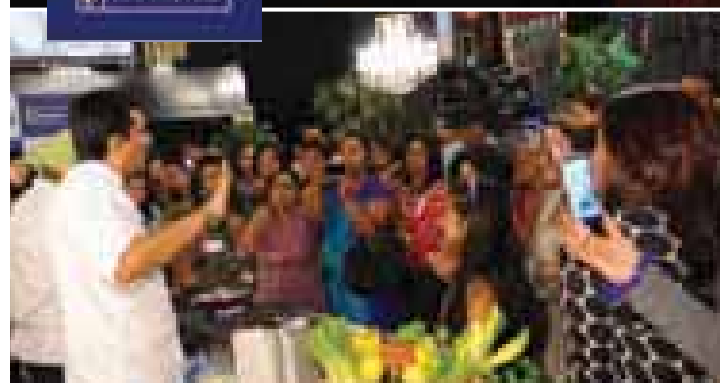
"At Emirates NBD, we constantly strive to add value to the range of products and services we offer, in order to enrich the experience of our customers with us," added R. Sivaram, Senior Vice President and Cards Business Head, Emirates NBD.

"Bon Appétit Experiences is a flagship culinary initiative that serves as a platform for our customers to have exclusive opportunities to meet and interact with world-class chefs and learn the techniques of their intricate cooking techniques".

Take a look at some snapshots of the event, plus a recipe for one of the dishes he cooked, a trio of barbecued seafood.



Chef Sanjeev chatting with guests



Guests picking up tips and tricks from the chef



One lucky winner walked away with Kenwood goodies



An array of spices on the ready

The 'Bon Appétit Experience' is an extension of the 'Bon Appétit' programme that was launched last year by Emirates NBD, and enabled premium cardholders to enjoy exclusive discounts at over 600 restaurants in the UAE, when they use their Emirates NBD Debit or Credit Card.

A word from Chef Sanjeev:

Don't be afraid to try different things, and get creative. Take a traditional dish, then add a fun element. Start with baby steps, then ideas will come to you. Remember, each element is easy by itself, but when you put it together, it has a wow effect. But, make sure you don't get too complicated, or put too much pressure on yourself, as that may compromise taste.

Barbecued seafood exotica

FOR ALOO CHOKHA

1 large potato, boiled, peeled and mashed
1 medium onion, chopped
3-4 green chillies, chopped
Salt to taste

A pinch of black salt

1 tsp filtered mustard oil

1 tsp fresh coriander leaves, chopped

FOR PODI CRUSTED SALMON

4 small salmon steaks, cubed into ½ an inch.

1 tbsp lemon juice

Salt to taste

1 tsp ginger-garlic paste

1 tbsp oil

FOR PODI POWDER

1 tsp sesame seeds

1 tsp sunflower oil

1 tbsp split skinless black gram

2 tbsp roasted Bengal gram

¼ tsp mustard seeds

4 whole dry red chillies

¼ tsp asafoetida

8-10 curry leaves

Salt to taste

FOR BLACK PEPPER PESTO PRAWNS

4 king prawns, deveined and cleaned

1 tsp lemon juice

1 tsp black peppercorns, crushed

Salt to taste

1 tsp oil

FOR CORIANDER PESTO

3 tbsp fresh coriander leaves, chopped

3 garlic cloves

Salt to taste

1 tbsp pine nuts

3 tbsp olive oil

1 tbsp parmesan cheese, grated

TOMATO CHUTNEY

3 medium tomatoes, diced

1 tbsp oil

¼ tsp mustard seeds

¼ tsp cumin seeds

½ teaspoon chopped ginger

½ tsp chopped garlic

1 whole dry red chilli, broken into two

5-7 curry leaves

4-5 fresh coriander roots

A pinch of asafoetida

1 tsp sugar

Salt to taste

1 tsp vinegar

Assorted mesclun leaves, for garnish

Black sesame seeds, for garnish

1 In a deep bowl, mix together mashed potatoes, onion, green chillies, salt, black salt, mustard oil and chopped coriander leaves.

2 Divide into four portions and make small patties using a one-and-half-inch ring mould. Set aside.

3 To make the podi powder, heat a non stick pan. Add asafoetida and mustard seeds and allow the seeds to splutter. Add curry leaves and red chillies and sauté for a few seconds.

4 Slowly add the rest of the ingredients and sauté for a few seconds. Remove from heat, cool and grind to a fine powder.

5 To marinate the salmon, combine oil, ginger-garlic paste, lemon juice, red chilli powder, salt and one tablespoon of podi powder, in a bowl. Mix well. Rub gently on the salmon and set aside for twenty minutes.

6 To grill, pour oil in a non stick pan and grill the salmon for a minute. Remove from heat and gently dab with podi powder. Set aside.

7 To make the pesto, blend together fresh coriander leaves, garlic and salt. Add pine nuts and continue to blend. Slowly add olive oil and blend more, then add peppercorns, parmesan cheese and blend until well mixed. Transfer contents into a bowl.

8 Slit the prawns (without cutting them through) into halves and open out so that they appear as butterflies. Add lemon juice, crushed peppercorns, salt, pesto sauce and oil and refrigerate for about ten to fifteen minutes. Turn the tails of the marinated prawns from the curve side, towards the centre and insert into the other side.

9 Heat a non stick pan and slowly fry until done. Set aside.

10 To make the chutney, fry mustard seeds and cumin seeds until they splutter. Then add chopped ginger, garlic, dry red chillies, curry leaves and asafoetida. Sauté for a minute.

11 Slowly add in the tomatoes and cook for ten minutes. Add sugar, salt and half a cup of water. Mix well. Add the coriander roots and mix well. Cook on medium heat for ten minutes or until tomatoes are completely mashed.

12 Add vinegar and mix well. Cook for a minute and strain before setting aside.

13 On a plate first place the Aloo Chokha patties on some mesclun leaves. Next place the grilled podi crushed salmon and black pepper pest prawns.

14 Slowly spoon a little tomato chutney on the side and sprinkle with a few black sesame seeds. Serve immediately.

You can replace some ingredients according to your taste. For example, salmon can be swapped with paneer.

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Using the gifts of
heaven to create
an oasis of wonder on earth

Ramadan Kareem

This holy month of Ramadan, experience Dusit Thani's internationally recognized unique Thai hospitality and culture infused with Arabic tradition in a setting surrounded by countless beautifully lit lamps inspired by fawanees theme that make for a calm and relaxing Iftar ambience.

Celebrate the breaking of the fast at Dusit Thani Dubai and enjoy traditional Arabic cuisine such as cold and hot Mezzeh, deliciously marinated selection of hot items, Arabic coffee, dates, sweets and juices complemented with a large LCD screen for a relaxed television viewing.

Or simply enjoy your Ramadan experience in our pool side Shisha Lounge - It has it all: breathtaking views of the Burj Khalifa, Sheikh Zayed Road and Jumeirah, attractive crowd and excellent menu of your favorite shisha. The experience begins with the atmosphere being up in the 36th floor which can truly be astonishing, a light smell of flavored shisha drifts through the air, tons of soft pillows, comfortable couches, excellent music and delicious food.

For group of 50 or more, Al Wasl Ballroom or section thereof can be offered to your group at competitive prices.

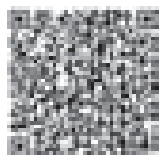
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Food for the Weekend

Inspirational ideas for relaxed family meals and entertaining in style



58 Food for Father's Day



70 Indulge in melt-in-the-mouth ice cream cakes



80 Chilled drinks to impress at your next summer party

Blueberry & coconut
pudding, recipe p61



Make dinner with dad!

Food editor Barney Desmazery enjoys time in the kitchen making homemade spring rolls with his kids. Photographs MAJA SMEND

Fun
stuff for
Father's
Day
17 June

Wrap-your-own spring rolls

MAKES 8-10 • PREP 40 MINS •
COOK 25 MINS **Easy** Unbaked

Superhealthy, Low fat

300g rice noodles

400g mixed vegetables, thinly sliced and put in separate bowls, such as red peppers, beansprouts, carrots, shredded Chinese leaf cabbage, spring onions

140g cooked prawns

100g cooked chicken or duck, shredded

2 garlic cloves, finely chopped

Small piece ginger, finely chopped

Splash light soy sauce

Chinese five-spice powder, for sprinkling

8-10 sheets of brik or filo pastry (see tips, right)

1 egg, beaten

Sesame seeds, for sprinkling if you want

FOR THE DIPPING SAUCE

100g reduced salt and sugar ketchup

1 tbsp white wine vinegar

Small piece ginger, grated

Pinch of caster sugar

1 Heat oven to 200C/180C fan. Before you get the kids cooking, put the noodles, vegetables, prawns and chicken in individual bowls for everyone to help themselves. Wash hands, put aprons on, sit the kids down and give

them their own mixing bowl and spoon. Let them choose which ingredients they want (noodles are essential) in their rolls and if they want to graze as they choose, that's fine – all the ingredients are cooked or can be eaten raw. Add a bit of garlic and ginger, a tiny dash of soy and sprinkling of five-spice to each bowl and let them mix everything.

2 Push the bowl aside and lay a sheet of pastry in front of each child. Ask them to spoon the filling down one side of each sheet then give them the beaten egg and a brush so they can brush around the edges (A). Then help them to roll them up neatly by folding both sides over the filling (B), then rolling them up (C).

3 Lift the spring rolls onto a baking tray, seam side down, brush with a little more egg and sprinkle with sesame seeds, if you want. Try to remember which child made which roll to save any arguments at the end! Bake the rolls for 20-25 mins or until they turn golden.

4 While the rolls are in the oven, make the dipping sauce. Get the kids to mix all the ingredients together until the sugar has dissolved. When the spring rolls are golden and crisp, remove from the oven. Leave until cool enough to handle, cut into pieces for smaller kids, then let them eat, dipping the rolls into the sauce.

PER SERVING 202 kcals, protein 12g, carbs 32g, fat 4g, sat fat 1g, fibre 2g, sugar 8g, salt 2.04g



TIPS

- To make rice noodles, simply soak a bundle of thin rice noodles in kettle-hot water for 5 mins, then drain and toss in a little oil and leave to cool.

- Brik pastry is a paper-thin North African pastry similar to filo. It's easier for kids to work with, but if you can't find it, use filo pastry instead.

You'll need to help the kids work fast as filo becomes brittle quickly. Keep sheets that aren't being used under a damp cloth to stop them drying out.

6 *My kids adore Chinese food and my two-year-old, Jack, has just become interested in cooking, so we all had great fun making this recipe. Maisie, five, and Jack like different things, so I lay out all their favourites and then they can choose their own filling. One nice surprise is that they're prepared to pick ingredients they normally say no to, because it's part of the fun of cooking. You might discover that your kids become more adventurous eaters if they help, too. 9*



Easy to eat and packed with vegetables

WEEKEND

Supper for two

Bring date night home with this relaxed, full-of-flavour menu. The simple preparations mean you can also enjoy time together cooking it up!

Recipes SARAH COOK Photographs DAVID MUNN



Food styling LUZIE HARRIS | Styling ARABELLA MCNIE | Wine notes SARAH JANE EVANS MW



Veal chops with sage & creamy squash polenta

SERVES 2 • PREP 15 MINS • COOK 1 HR

Easy

2 tbsp butter
2 tbsp olive oil
few sage leaves
2 British rose veal chops
FOR THE POLENTA
500g chunk butternut squash,
peeled and diced
2 tsp olive oil
100ml milk
50g polenta
2 tbsp grated Parmesan

1 Heat oven to 180C/160C fan. For the polenta, toss the squash and oil with a little salt, then roast for 40 mins until really tender. Whizz squash to a purée with the milk. Leave the oven on. Cook polenta following pack instructions. Once soft and creamy, stir in the purée and Parmesan with seasoning. Keep warm.

2 Heat the butter and oil in an ovenproof pan (if you have one) until sizzling. Press a few sage leaves onto the chops, season generously, then fry over a high heat for 2 mins on each side until golden and crisp. Transfer to the oven for 5 mins to finish cooking (tip everything into a small roasting tin if your pan isn't ovenproof). Check the veal is just cooked through but still juicy, then rest for a few mins while you dish up the polenta and salad (see recipe on right). If the polenta has firmed up too much, loosen with a splash more milk, then divide between two plates. Top each with a chop and spoon over any pan juices.

PER SERVING 881 kcals, protein 47g, carbs 42g, fat 60g, sat fat 25g, fibre 5g, sugar 15g, salt 0.67g

Pea & radish salad

SERVES 2 • PREP 15 MINS • NO COOK

Easy V Superhealthy Counts as 1 of 5-a-day

1 shallot, very thinly sliced
50g frozen peas
2 tbsp red wine or Sherry vinegar
1 tbsp olive oil
1-2 tsp sugar to taste
2 handfuls salad leaves
6-8 radishes, very thinly sliced

Put the shallot and peas in a bowl. Pour over a kettle of boiling water, then drain. Mix the vinegar, oil and sugar to taste, then season generously. When you're ready to eat, toss the shallot, peas, leaves, radishes and dressing together.

PER SERVING 82 kcals, protein 2g, carbs 6g, fat 6g, sat fat 1g, fibre 2g, sugar 4g, salt 0.02g

Moreish fruity treat



Blueberry & coconut pudding

SERVES 2 • GENEROUSLY PREP 20 MINS

• COOK 35-40 MINS Easy

50g caster sugar
50g soft butter
1 large egg
50g self-raising flour
50g desiccated coconut, plus 2 tsp
50g crème fraîche, plus extra
to serve
zest and juice 1 lemon
180g punnet of blueberries

1 Heat oven to 180C/160C fan. Beat the sugar and butter until pale and creamy, then beat in the egg. Stir in the flour, coconut, crème fraîche and lemon zest.

2 Put most of the blueberries in a baking dish (about 18cm square-ish) and squeeze over the juice from half the lemon. Dollop on the cake mixture and scatter over the remaining blueberries and 2 tsp coconut. Bake for 35-40 mins until golden, risen and the sponge is cooked. Serve with a dollop more crème fraîche.

PER SERVING 708 kcals, protein 9g, carbs 54g, fat 52g, sat fat 36g, fibre 6g, sugar 36g, salt 0.68g

Learn to joint a chicken



Buying a whole chicken is much cheaper than buying the portions separately, and once you've mastered this simple technique you'll do it again and again.

Equipment you need:

- Good, strong kitchen or poultry scissors
- Large sharp knife
- Sturdy chopping board



Using kitchen or poultry scissors, cut off the ends of the wing tips. Remove any string and open out the legs. Using a large sharp knife, trim off the ends of the leg joints at the knuckle.



Sit the chicken, breast-side down, and use scissors to cut along one side of the backbone towards the neck. Cut down the other side of the backbone to remove it.



Open the bird out flat, breast side up. Using scissors, cut down the centre of the breast to divide the chicken in half.



Place one half on the board and slide your knife almost horizontally between the leg joint and the breast. Cut between the leg portion to remove. Repeat with the other chicken half.



Feel the leg joint to locate where the bones meet. Cut down sharply, then you will have a drumstick and a thigh joint. Repeat with the other leg.



Cut down vertically through each breast to give you a wing with a third or so of breast and a breast joint – if you want you can slice the breast joint off the bone. You will now have eight roughly even-sized pieces.

TimeOut

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DUBAI

Bake it easy

3
simple
treats

For the loaf cake base

175g/6oz softened butter, plus extra for greasing
175g/6oz golden caster sugar
3 eggs
140g/5oz self-raising flour
85g/3oz ground almonds
½ tsp baking powder
100ml/3½fl oz milk

Three different ways of flavouring one basic loaf cake – variety was never this uncomplicated. Recipes SARAH COOK Photographs GARETH MORGANS

Double chocolate loaf cake

CUTS INTO 8-10 slices ● PREP 25 mins ●
COOK 50-55 mins **Easy** un-iced

1 x Loaf cake base ingredients

4 tbsp cocoa powder
50g plain chocolate chips or chunks
few extra chunks white, plain and milk chocolate, for decorating

1 Heat oven to 160C/140C fan. Grease and line a 2lb/900g loaf tin with a long strip of baking parchment.

2 To make the loaf cake batter, beat the butter and sugar with an electric whisk until light and fluffy. Beat in the eggs, flour, almonds, baking powder, milk and cocoa until smooth. Stir in the chocolate chips, then scrape into the tin. Bake for 45-50 mins until golden, risen and a skewer poked in the centre comes out clean.

3 Cool in the tin, then lift out onto a wire rack over some kitchen paper. Melt the extra chocolate chunks separately in pans over barely simmering water, or in bowls in the microwave, then use a spoon to drizzle each in turn over the cake. Leave to set before slicing.

PER SERVING (8) 504 kcs, protein 8g, carbs 48g, fat 32g, sat fat 16g, fibre 2g, sugar 33g, salt 0.64g

Banana & pecan loaf

CUTS INTO 8-10 slices ● PREP 25 mins ●
COOK 40-50 mins **Easy** un-iced

1 x Loaf cake base ingredients

2 small, very ripe bananas
50g pecans, chopped, plus extra
85g softened butter
100g icing sugar, sifted
1 tsp vanilla extract

1 Heat oven to 160C/140C fan. Grease and line a 2lb/900g loaf tin with a long strip of baking parchment.

2 To make the loaf cake batter, beat the butter and sugar with an electric whisk until light and fluffy. Add the bananas in a few chunks and beat in with the eggs, flour, almonds, baking powder and milk until smooth – the whisk will mash the bananas. Stir in the pecans, then scrape into the tin. Bake for 45-50 mins until golden, risen and a skewer poked in comes out clean. Cool in the tin, then lift out.

3 Beat the butter, icing sugar and vanilla. Spread on top of the cooled cake and scatter with more chopped pecans.

PER SERVING (8) 608 kcs, protein 8g, carbs 56g, fat 41g, sat fat 19g, fibre 2g, sugar 42g, salt 0.74g

Elderflower crunch cake

CUTS INTO 8-10 slices ● PREP 20 mins ●
COOK 45-50 mins **Easy**

1 x Loaf cake base ingredients

4 tbsp elderflower cordial
4 tbsp white or golden granulated sugar

1 Heat oven to 160C/140C fan. Grease and line a 2lb/900g loaf tin with a long strip of baking parchment.

2 To make the loaf cake batter, beat the butter and sugar with an electric whisk until light and fluffy. Beat in the eggs, flour, almonds, baking powder and milk until smooth. Pour into the tin and bake for 45-50 mins until golden, risen and a skewer poked in the centre comes out clean.

3 As soon as the cake has come out of the oven, prick it all over with a skewer. Mix together the cordial and extra sugar, then pour all over the cake. Cool in the tin, then carefully lift out to slice.

PER SERVING (8) 463 kcs, protein 7g, carbs 50g, fat 27g, sat fat 13g, fibre 1g, sugar 37g, salt 0.61g

Banana & pecan loaf

Elderflower crunch cake

Double chocolate loaf cake

Frozen assets

Gorgeous
iced desserts
for summer.
Recipes XANTHE CLAY
Photographs PHILIP WEBB



Toffee ice-cream sandwiches

MAKES 8 • 30 MINUTES + FREEZING • **Easy**

This is a simple assembly job. Let the ice cream harden properly before dipping in chocolate, or it will slide off. You'll need a cutter exactly the same size as the biscuits to make them really neat.

16 ginger or chocolate cookies
500ml toffee ice cream
200g milk chocolate, chopped



1 Put a biscuit in the bottom of the cutter and top with ice cream, pushing it to the edges. Top with a second biscuit and gently push the sandwich out of the cutter. Repeat with the rest of the biscuits and ice cream. Put the sandwiches in a box in the freezer for at least 3 hours, until really firm.

2 Melt the chocolate in a bowl set over (not in) a pan of simmering water.

3 Line a baking tray (one that will fit in the freezer) with non-stick paper. Dip half of each ice-cream sandwich (horizontally or vertically) into the chocolate and lay them on the baking tray. Freeze until firm, then transfer to a plastic box with a lid. Freeze until needed. Serve with a wrap of greaseproof paper to hold them in.

PER SERVING 354 kcals, protein 5.5g, carbs 39.7g, fat 20.3g, sat fat 10.5g, fibre 0.5g, salt 0.29g



Blackcurrant ripple ice cream

SERVES 8 • 45 MINUTES + FREEZING • **Easy**

This simple-as-anything ice cream needs no churning. Serve with buttery shortbread or thin almond biscuits.

400g blackcurrants
100ml apple juice
200g golden caster sugar
568ml double cream
400g tin sweetened condensed milk
2 tsp vanilla extract

1 Put the blackcurrants and the apple juice in a small pan, bring to a simmer and cook for 5 minutes. Add the sugar, heat gently until dissolved, then bring to the boil and simmer gently for 3-4 minutes to thicken the syrup a

little. Cool, then scoop out 3 tbsp of the currants and keep to one side. Purée the rest of the currants and the syrup with a hand blender and rub through a sieve to get rid of the pips.

2 Beat the double cream to soft peaks, then pour in the condensed milk and vanilla extract and whisk again to soft peaks. Pour the mixture into a freezer-proof box, and drizzle over half of the blackcurrant purée. With a rubber spatula or large spoon, stir the mixture once in a figure-of-eight, just to ripple the purée through. Cover with a lid and freeze for at least 3 hours.

3 To serve, mix the rest of the purée with the saved blackcurrants. Scoop the ice cream into glasses and spoon over the purée.

PER SERVING 638 kcals, protein 5.8g, carbs 60.2g, fat 43.2g, sat fat 24.5g, fibre 1.8g, salt 0.23g

MAKE THIS WITH

If you are not a fan of condensed milk, you could also try using Al Ain Dairy's nutritious double cream milk for Blackcurrant ripple ice cream recipe, thickened to your taste. Making an elegant dessert was never easier!





Apricot and amaretti semifreddo

SERVES 8 • 45 MINUTES + FREEZING •

A little effort

500g apricots, halved and stoned
300ml apple juice
200g golden caster sugar
2 large egg yolks
2 tbsp Amaretto
250g mascarpone
100g amaretti biscuits

1 Line a 1kg loaf tin with a double layer of clingfilm. Put the apricots and apple juice into a small pan and add 1/2 the sugar. Heat gently until the sugar has dissolved. Partly cover the pan with a lid, then simmer for 10 minutes or so, until the apricots are tender and bathed in syrup (the exact time will depend on how ripe the apricots are, but cook them for at least 5 minutes, or the fruit will turn brown in the freezer). Scoop about 8 of the apricot halves out of the pan and keep to one side. Purée the rest of the apricots and syrup with a hand blender and leave to cool.

2 Put the egg yolks, Amaretto and the rest of the sugar in a heatproof bowl and sit it over a pan of simmering water (the base of the bowl shouldn't touch the water). Whisk the contents of the bowl until smooth and pale, and thick enough to form a wide ribbon trail when the whisk is lifted. An electric beater will help here.

3 In another bowl, beat the mascarpone and apricot purée until smooth. Fold in the egg yolk mixture.

4 Pour 1/3 of the mixture into the lined loaf tin, and scatter over 1/2 the biscuits and reserved apricots. Repeat with another 1/3 of the mixture and the rest of the biscuits, and finally top with the remaining mixture. Cover with clingfilm and freeze for at least 4 hours.

5 To serve, invert the loaf tin over a plate and lift it off (dip briefly in hot water if it sticks). Peel clingfilm from the semifreddo and cut into slices to serve.

PER SERVING 353 kcals, protein 3.1g, carbs 47.8g, fat 17.3g, sat fat 9.9g, fibre 1.3g, salt 0.23g

MAKE THIS WITH

Al Ain Dairy's delicious apple juice is the perfect ingredient for this dish. 100ml of this juice provides 41kcal of your daily energy requirements, and is also great by itself, as a refreshing summer drink.





Sgroppino

SERVES 1 • 10 MINUTES •

Easy 

This is a classic Venetian dessert-cum-after-dinner cocktail. Every restaurant has their own recipe, but it's always creamy, frothy and boozy.

2 scoops lemon ice cream

2 tbsprosecco

1 tbsprosecco or limoncello

ice cubes a handful

1 egg white, beaten until stiff (optional)

lemon zest strands (use a zester) to decorate

1 Put a glass for each person in the freezer to chill. In a liquidiser (one that is sturdy enough to cope with ice) blend all the ingredients to a thick cream. Fold in an egg white for extra lightness.

2 Spoon or pour into the cold glasses, scatter with lemon zest, and serve, topped up with more prosecco if you like. Eat with a teaspoon.

PER SERVING 270 kals, protein 4.3g, carbs 31.2g, fat 9.6g, sat fat 6.4g, fibre 0g, salt 0.19g



Summer is gonna be **cool**



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WEEKEND

Keep your COOL

Delicious desserts, fruity ices
and other refreshingly simple
ideas that are perfect for
SUMMER. Recipes SARA BUENFELD
Photographs CRAIG ROBERTSON

Try our
cover
recipe

Peaches &
cream ice

Blueberry
yoghurt ice

Strawberry & crème
fraîche ice cream

food styling JENNY WHITE | styling VICTORIA ALLEN

ICE CREAM AT HOME MADE EASY!

Making ice cream couldn't be simpler if you have an ice-cream machine. If you don't, the process takes longer, but you can still end up with a fabulous result – just freeze the ice-cream mixture in a rigid container. It will take a couple of hours to freeze, and as it freezes around the edges of the container, you'll need to take it out every 30 mins and stir it to break up the ice crystals. The more you stir, the smoother the end result. Finally, soften in the fridge for 40 mins, then when you're ready to serve, scoop into cornets or sundae glasses.

Blueberry yoghurt ice

SERVES 6 • PREP 15 MINS PLUS FREEZING

Easy

Cook **300g blueberries** in a pan with **85g icing sugar** and a splash of water for a few mins until softened. Cool then mix with **500g tub fresh custard** and **200g tub Greek yoghurt**. Churn in an ice-cream machine or freeze in a plastic container, beating every 30 mins until solid.

Strawberry & crème fraîche ice cream

SERVES 6 • PREP 15 MINS PLUS FREEZING

Easy

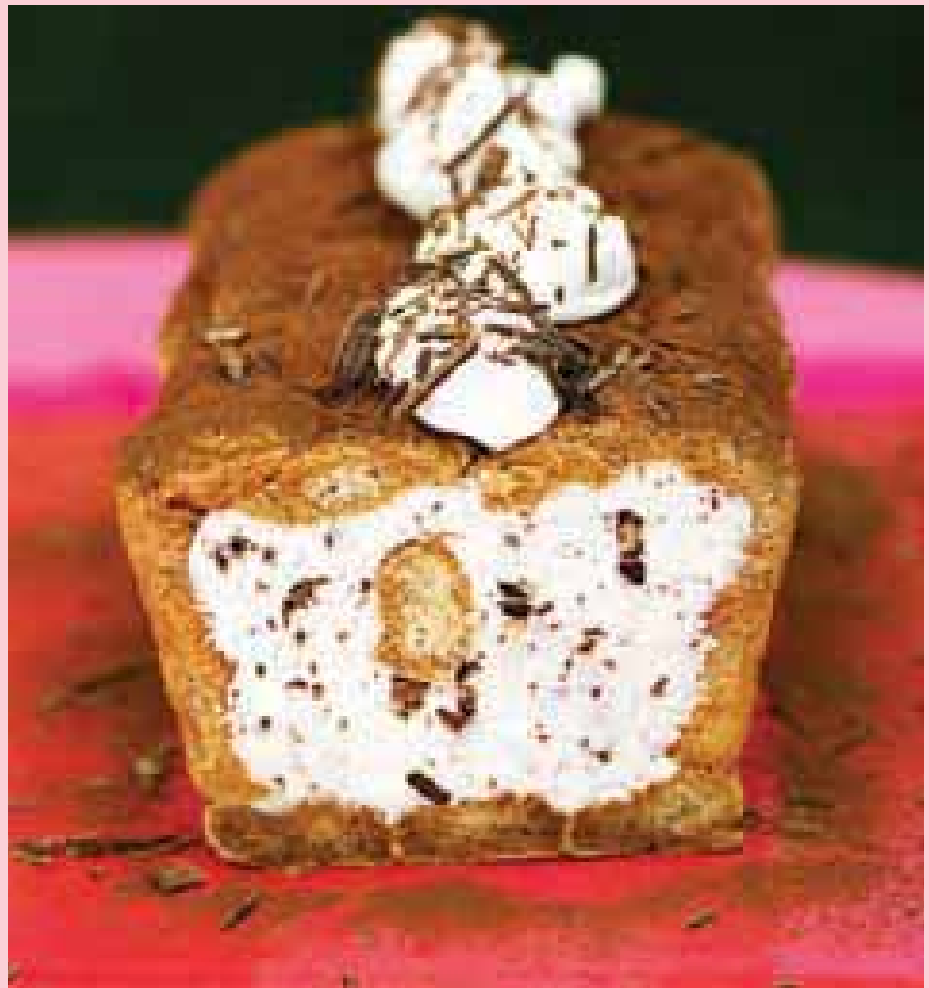
Purée **400g strawberries** in a food processor, then rub through a sieve to remove the seeds. Mix with **85g icing sugar**, **200ml tub crème fraîche** and **500g tub fresh vanilla custard** then churn in an ice cream machine or freeze in a plastic container, beating every 30 mins until solid.

Peaches & cream ice

SERVES 6 • PREP 15 MINS PLUS FREEZING

Easy

Cook **500g stoned and sliced peaches** in a pan with **140g icing sugar** and the **juice of a lemon**, stirring frequently until the peaches are tender. Purée in a food processor and cool. Mix with **500g tub fresh custard** and **285ml tub double cream**. Churn in an ice-cream machine or freeze in a plastic container in the freezer, beating every 30 mins until solid.



Tiramisu ice-cream cake

SERVES 10 • PREP 35 MINS PLUS FREEZING

Moderately easy

2 x 250g tubs mascarpone
115g caster sugar
6 tbsp marsala
50g dark chocolate, chopped
142ml tub double cream, lightly whipped
5 tbsp fresh ground coffee
85g caster sugar
3 tbsp brandy
200g bag Savoiardi Boudoir biscuits (Italian sponge fingers)
TO SERVE
cocoa, for dusting
142ml tub double cream, lightly whipped
chocolate shavings or curls

1 Line a 1kg loaf tin with cling film. Beat the mascarpone, sugar and marsala together then fold in the chocolate and cream.

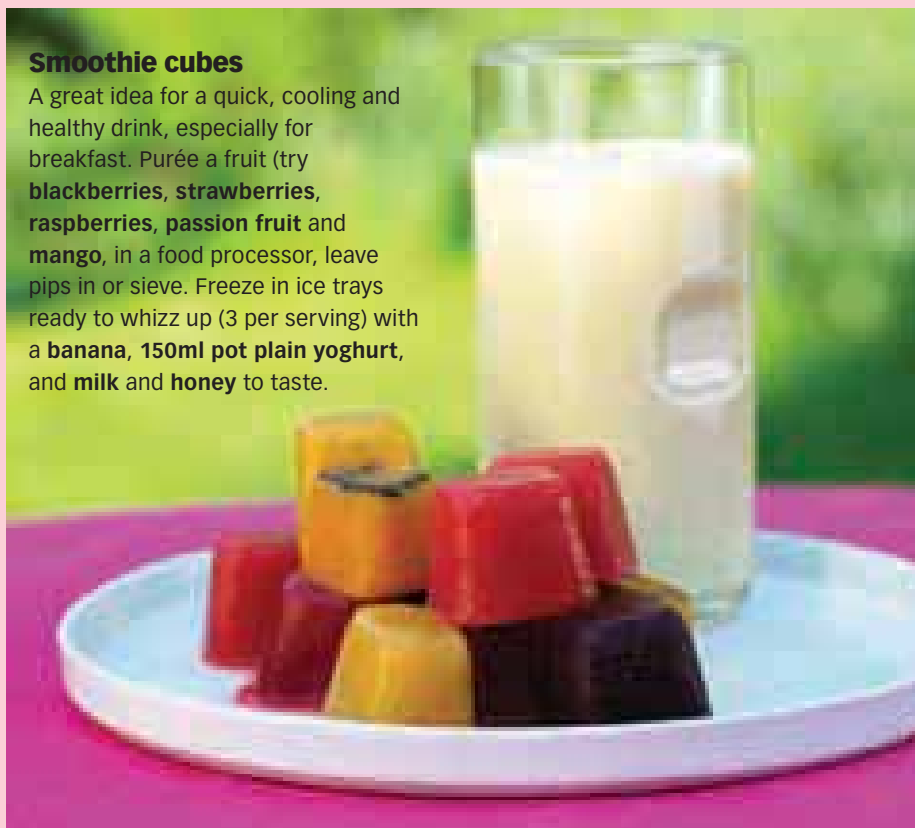
2 Make up the coffee with 600ml boiling water, leave for 5 mins then strain into a bowl and stir in the sugar and brandy.
3 Reserve 2 biscuits then quickly dip the remainder as you use them into the coffee mixture and line them along the base and up the long sides of the tin (they will stand above the rim).

4 Spoon in half the creamy mixture. Dip the last biscuits into the coffee and place on top end to end. Spoon the remaining creamy mixture on top, then fold over the sponge fingers above the rim and press lightly into the filling. Cover and freeze. To serve, turn out onto a plate, strip off the cling film and dust generously with cocoa. Spoon the cream down the centre and decorate with the chocolate.

PER SERVING 578 kcalories, protein 4g, carbohydrate 48g, fat 40g, saturated fat 24g, fibre 1g, sugar 41g, salt 0.21g

Smoothie cubes

A great idea for a quick, cooling and healthy drink, especially for breakfast. Purée a fruit (try **blackberries, strawberries, raspberries, passion fruit and mango**, in a food processor, leave pips in or sieve. Freeze in ice trays ready to whizz up (3 per serving) with a **banana, 150ml pot plain yoghurt, and milk and honey** to taste.



Strawberry ice cream shake

SERVES 2 • PREP 10 MINS **Easy**

Tip 225g hulled **strawberries** into a food processor with 300ml cold **milk** and 3 large scoops **vanilla ice cream**. Blend until smooth and creamy. Pour into tall glasses, top with **sliced strawberries**.



Guava & passion fruit lollies

MAKES 8 • PREP 5 MINS PLUS FREEZING **Easy**

Pour 300ml **passion fruit juice** into 8 lolly moulds and half-fill. Freeze until almost solid, push in a lolly stick and top up with 300ml **guava juice**. Freeze until solid.



Raspberry coconut ices

MAKES 8 • PREP 20 MINS PLUS FREEZING

Easy

Purée 150g **raspberries** in a food processor along with 4 **tblsp icing sugar**. Sieve to remove the seeds. Spoon half 450g **tub Greek-style coconut yoghurt** into a bowl and stir in 2 **tblsp** of purée so it is stained pink. Spoon into lolly moulds, add the rest of the purée then the rest of the yogurt. Push in lolly sticks and freeze until solid.

Tangy and refreshing



Mango, lime & blackberry bombe

SERVES 10 • PREP 30 MINS PLUS FREEZING

Moderately easy



2 x 200g punnets blackberries
250g icing sugar
2 x 425g cans mango in syrup,
juice reserved
grated zest and juice 4 limes
142ml carton and a 285ml carton
double cream
2 crushed bought brandy snaps, to serve

1 Put the blackberries in a pan with 4 tbsp of the sugar, add a splash of water then cook until the berries have softened. Rub through a sieve. Cool then freeze in a plastic container until slushy, stirring every now and then.

2 Whizz the mango with 75ml of its syrup and 2 tbsp icing sugar until smooth, then freeze in a container until slushy as above.

3 Stir the rest of the sugar with the lime zest and juice. Beat the cream with 3 tbsp of the remaining mango syrup until it forms soft peaks, then beat in the lime mixture. Freeze in a container until semi-frozen.

4 Line a medium Pyrex basin with cling film then beat all three icy mixtures and spoon alternately into the bowl to make rippled layers. Return to the freezer until solid.

5 To serve, pull out of the bowl and strip off the cling film. Put on a plate, scatter with the crushed biscuits and leave for 30 mins to soften in the fridge before eating.

PER SERVING 400 kcalories, protein 1g, carbohydrate 48g, fat 23g, saturated fat 13g, fibre 2g, sugar 47g, salt 0.06g



White chocolate and strawberry ice-cream cake

SERVES 10-12 • 1 1/2 HOURS + FREEZING •

A little effort

A crowd-pleasing showstopper of a cake, perfect for family celebrations. The only tricky bit is cutting it, as it can get quite hard in the middle, so let it soften in the fridge for 30 minutes before serving. Scatter with strawberries if you like.

2 x 500ml tubs strawberry ice cream

3 x 500ml tubs white chocolate or vanilla ice cream

CAKE

170g golden caster sugar

4 eggs

60g plain flour

35g cornflour

1 First make the cake. Base line 2 x 20cm, deep cake tins with baking paper. Heat the oven to 180C/fan 160C. Beat the sugar and eggs with an electric whisk for 10 minutes, until pale and fluffy, and stiff enough to leave a trail when you lift the beaters. Sift over both flours and fold in. Divide between the tins. Bake for 20 minutes, until golden and a skewer pushed into the cake comes out clean. Cool for 5 minutes in the tin (they will sink a little but don't worry) then turn out onto a wire rack. Wash and dry one of the

cake tins, and line it with a double layer of clingfilm or greaseproof paper.

2 Cut the cakes horizontally into 2. Put the bottom layer in the lined tin. Take one tub of strawberry ice cream, and snip off the cardboard with kitchen scissors. Slice the block of ice cream into discs and arrange on the layer of cake in the tin, squidding small pieces into any gaps and spreading them slightly to make an even layer. Put the upper layer of cake on top and put the whole tin in the freezer for at least an hour to firm up.

3 Use 1 tub of the the white chocolate ice cream to make the next layer, topping it with the bottom layer of the second cake. Freeze again for at least 1 hour. Finally, put on a layer of strawberry ice cream, and top with the last circle of cake. Freeze for an hour.

4 Take the cake out of the tin and peel away the paper or clingfilm. Cut thin layers from rest of the white chocolate ice cream and cover the base and sides of the cake completely. This is easier than it sounds – the ice cream acts like wet icing. Use a palette knife to smooth the surface, then freeze for 2 hours to firm up. Wrap well in freezer bags and freeze for up to a week.

5 Half an hour before serving, put the cake on a serving platter and into the fridge to soften a little. Slice with a large knife dipped in hot water.

PER SERVING 469 kcs, protein 10.3g, carbs 66.5g, fat 19.8g, sat fat 12.1g, fibre 0.2g, salt 0.38g



COOLING GRANITAS

Granitas are half way between a drink and a sorbet – they taste refreshing and the texture is icy enough to eat with a teaspoon.

Lemonade granita

SERVES 8 • PREP 10 MINS PLUS FREEZING

Easy

Make fresh lemonade using around half the amount of water that you normally use; then freeze in a shallow container. When frozen break into chunks and blend in a processor until smooth. Return to the freezer for a couple of hours. The longer it freezes the more icy the texture will become. Serve in small glasses. Alternatively, churn in an ice cream machine. Decorate with lemon zest strips, if you like.

Melon & rose granita

SERVES 4 • PREP 20 MINS PLUS FREEZING

Easy

1 ripe melon, such as Ogen, halved and deseeded

140g caster sugar

Few drops rose water

Rose petals, to decorate (optional)

1 Scoop the flesh from the melon into a food processor. Add the sugar and rose water, and blend to a purée. Pour in 600ml water then blend again until smooth.

2 Rub the mixture through a sieve into a large plastic container and freeze for about 3 hrs until partially frozen.

3 Remove from the freezer, beat with a fork, then freeze again, beating occasionally until icy and slushy. Alternatively churn it in an ice cream machine. Spoon into glasses and decorate with rose petals, if you like.



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New ways to make summer ices

Fat-free and easy to make, these fruity and savoury granitas are a must-try.

Recipes BARNEY DESMAZERY Photographs JEAN CAZALS



Minty Beaujolais ice

GET TO KNOW GRANITAS:

Granitas and sorbets are practically the same thing, except granitas are icier because they are not churned. To turn these recipes into a sorbet, simply make up the base then churn in an ice-cream machine.

Fruit granitas are a good make-ahead light dessert, but they can also be enjoyed as a refresher at any time. For a delicious palate-cleansing starter, use savoury ingredients (see right).

Minty Beaujolais ice

SERVES 6-8 • PREP 15 MINS PLUS COOLING AND FREEZING • Easy

Any young red wine would work instead of Beaujolais in this recipe.

Bunch of mint

175g caster sugar

450ml Beaujolais or light red wine

Sliced peaches, to serve

Bash the mint with the back of a knife to bruise and tip into a bowl with the sugar. Pour over 150ml boiling water. Stir until the sugar has completely dissolved, then leave to cool. Strain the liquid into another bowl, pressing against the mint, then add the wine and freeze, as above. Serve layered with peaches.

PER SERVING 167 kcalories, protein none, carbohydrate 31g, fat none, saturated fat none, fibre none, sugar 31g, salt 0.02g

GADGET PICK: The perfect kitchen gear for this dish

The Kenwood KMix BLX51 blender is a compact, stylish machine that comes with a separate setting for ice-crushing, making it ideal for making granitas.



KENWOOD
CREATE MORE



Savoury ice

Tomato & basil granita

SERVES 8 • AS A STARTER • PREP 25 MINS • Easy

An iced starter is a delicious option for summer entertaining.

900g very ripe tomatoes

1 tsp salt

1 tbsp sugar

1 garlic clove, finely chopped

1 tsp ground black pepper

1 tbsp red wine vinegar

Bunch basil, leaves removed from stalk

Chop the tomatoes and place in a bowl with all the other ingredients except the basil leaves. If you have time, leave them to macerate at room temperature overnight. Blitz in a blender – in batches, then strain through a fine sieve. Shred the basil leaves and stir through, then freeze as stated.

PER SERVING 30 kcalories, protein 1g, carbohydrate 6g, fat none, saturated fat none, fibre 1g, sugar 6g, salt 0.65g

Lemon & lime crush

SERVES 4 • PREP 20 MINS PLUS
COOLING AND FREEZING • Easy ❄️

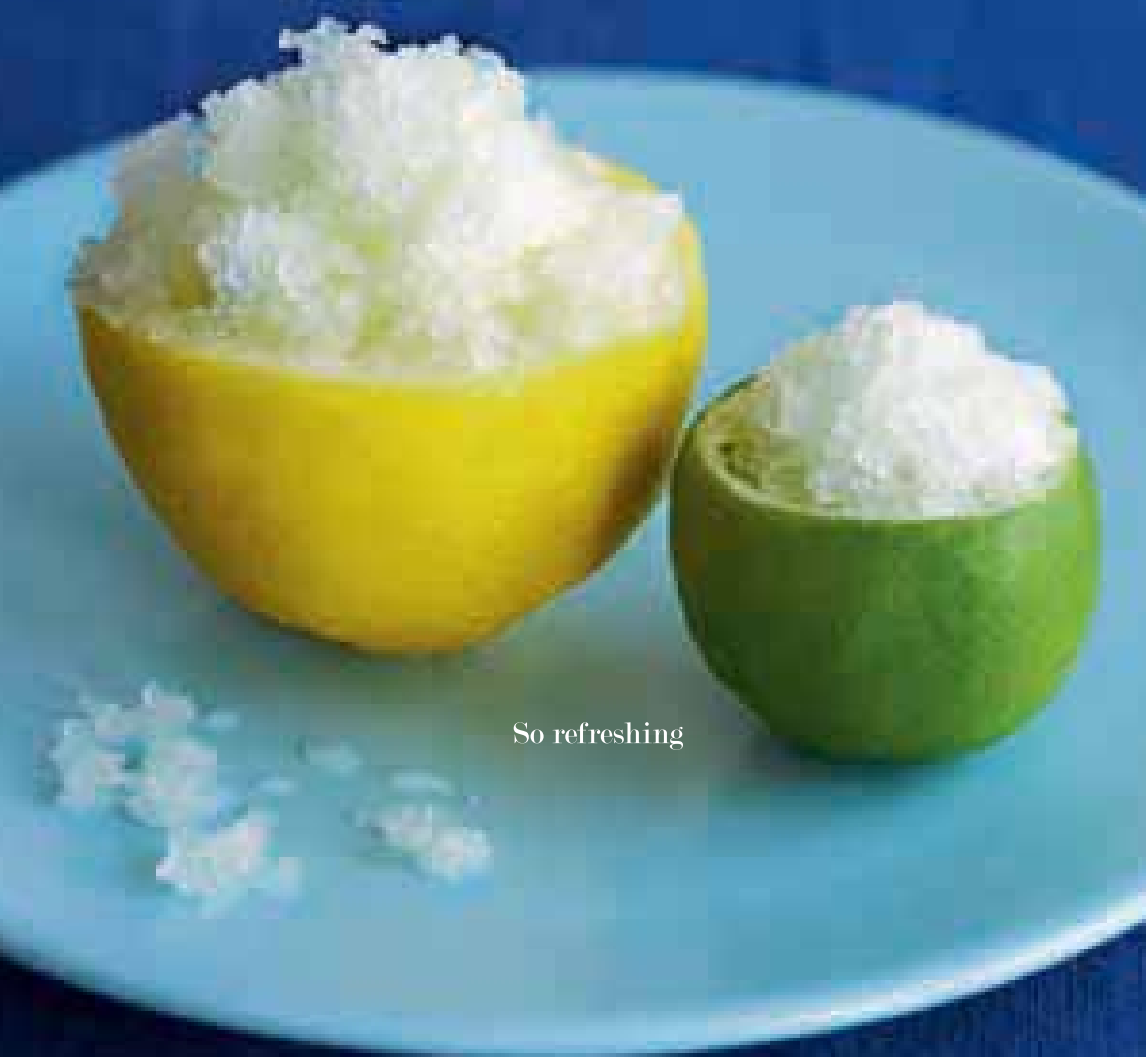
Superhealthy counts as 1 of 5-a-day

This is wonderful on its own or with some summer berries. The lemongrass adds a floral note to it all.

6 lemons
6 limes
1 large stick lemongrass
4 lime leaves, optional
250g sugar

Zest 2 of the lemons and 2 of the limes. Juice all the fruits and keep the empty shells to serve the granita. Tip the juice, zest, lemongrass, lime leaf (if using), and sugar into a bowl. Pour over 500ml boiling water. Stir everything together until the sugar has dissolved, then leave to cool and infuse. Strain the lemon syrup into a tray and freeze as stated. Place the lemon and lime halves in the freezer and fill with granita to serve.

PER SERVING 255 kcalories, protein none, carbohydrate 67g, fat 0.1g, saturated fat none, fibre none, sugar 67g, salt 0.01g



So refreshing



Very berry ice

This is what to do with a glut of summer berries when the supermarket has a special offer on berries.

SERVES 6 • PREP 15 MINS • Easy ❄️

Superhealthy good source of vitamin C, counts as 1 of 5-a-day

750g summer berries
(we used strawberries)
140g caster sugar
juice 1 lemon

Hull and chop fruit, then tip them into a bowl with the sugar and lemon juice. Bring a kettle of hot water to the boil and pour over 300ml boiling water. Leave everything to macerate until cool, then blitz in a food processor until smooth. Push the purée through a sieve, then pour into a tray and freeze as before.

PER SERVING 126 kcalories, protein 1g, carbohydrate 32g, fat none, saturated fat none, fibre 2g, sugar 32g, salt 0.02g

GADGET PICK: The perfect kitchen gear for this dish

Kenwood's stylish BL770 glass blender has a dedicated glass drop mill, and has a range of speed options, plus four programmed buttons, including one for ice crushing.

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The simple, stylish way
to get your **five-a-day**



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*Source: GFK 41 Countries – June 2011

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Summer sundowners

Having friends round?
Serve up a long, cool
drink with garden-fresh
herbs adding flavour.

Mojito mocktail

MAKES 2 ● PREP 5 mins

Easy **Good for you** 🍷

Muddle **1 tbsp sugar** with leaves picked from a **small bunch mint** using a pestle and mortar (or use a small bowl and the end of a rolling pin).

Put a handful of crushed ice into 2 tall glasses. Divide the **juice of 3 limes** between the glasses with the mint mix. Add a straw and top up with **soda water**, serve immediately.

PER SERVING 34 kcals, protein none, carbs 9g, fat none, sat fat none, fibre none, sugar 9g, salt 0.04g

Basil & strawberry Pimm's

MAKES A JUG FOR 4-6 ● PREP 10 MINS

PLUS FREEZING **Easy**

The night before, whizz the leaves from a **small bunch basil** with 500ml water. Fill 2-3 ice cube trays and freeze overnight until solid.

On the day, mix **500ml Pimm's** with **1.5 litres chilled lemonade** in a large jug. Add some basil ice cubes and **200g sliced strawberries**, stir and serve.

PER SERVING (4) 338 kcals, protein 1g, carbs 31g, fat none, sat fat none, fibre 1g, sugar 31g, salt 0.16g

Cucumber & coriander G&T

MAKES 1 ● PREP 5 mins

Easy **Low fat** 🍷

Put **2 tbsp gin**, a few ice cubes and a **few coriander sprigs** into a tumbler glass.

Add a **chunky stick of cucumber** as a stirrer and top up with chilled **tonic water**. Give everything a good mix and enjoy.

PER SERVING 101 kcals, protein none, carbs 9g, fat none, sat fat none, fibre none, sugar 9g, salt 0.01g



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Let us invite you to endeavor on new flavour combinations.

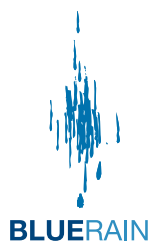
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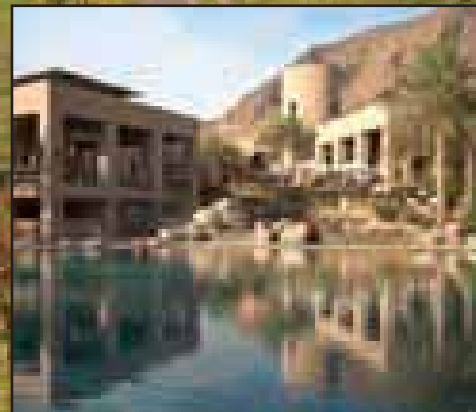
Great summer getaways
for foodies



■ 90 A taste of unique global cuisines



■ 92 Explore Hong Kong



■ 98 Luxury eco getaway in Oman



Islay, Inner Hebrides

British Food Adventures

Get exploring with our guide to the most interesting, exciting and inspiring food experiences in the UK. Emily Kerrigan picks out 14 fantastic options.

1 follow the whisky trail

INNER HEBRIDES: Want to trace the origins of your single malt?

Matt Bolton, award-winning writer for Lonely Planet Magazine, recommends a whisky trail on the isle of **Islay**. B&b in the **Harbour Inn** (harbour-inn.com) starts at £130 (around Dhs750), from where you can tour Islay's seven distilleries, name-checking the whisky world's Who's Who, from Laphroaig to Lagavulin. Matt's top choice is artisan maker

Bruichladdich (bruichladdich.com), where the quadruple-distilled Octomore is refined according to traditions perfected in 1695. A 45-minute tour explores the milling, mashing and fermenting process, plus there's a dram to finish, £5.

2 get down on the farm

DEVON: Tour bountiful fields of organic produce, seeing at source the cornucopia that goes into

Riverford's award-winning veg boxes, then head back to HQ, pull up a stool at the open-plan kitchen and watch as chef Jane Baxter transforms it all into her inspired veg-based dishes. Afterwards, sit down to a hugely generous communal lunch featuring one meat dish alongside bowl upon bowl of simply brilliant veg: spring greens with caraway, cauliflower in brown butter with almonds, glazed chicory with orange – the menu changes daily according to what's been picked. Guided tours with cookery demo, lunch and wine, £75 (riverford.co.uk).

5 plan the perfect picnic

ISLE OF WIGHT: Head to the Michelin-starred restaurant at boutique bolthole **The Hambrough**, order one of chef Robert Thompson's picnics and walk along the cliffs to the beautiful and secluded beach at Steephill. The Hambrough's unbeatable seasonal hampers include Bellini cocktails, pea and truffle soup, Ventnor crab cocktail, root veg crisps, free-range chicken with asparagus, homemade bread, rhubarb tarts and chocolate, orange and vanilla shortbread. Two nights' b&b, picnic and return ferry tickets, £195. (thehambrough.com)

3 catch fish and eat it

ARGYLL: Always wanted to catch your own fish, then prepare and cook it yourself? You couldn't dream up a more scenic setting than the luxurious **The Lodge on Loch Goil** (pictured right), sloping down to its own secluded sea loch. Spend several hours on the water hooking trout and mackerel, then head ashore to fillet and cook your catch on the outdoor wood-burning stove, all under the experienced eye of head chef Donald Munro. From £125 for a one-day course, £275 for a package at The Lodge including afternoon tea, dinner, bed and breakfast. (thelodge-scotland.com)

6 get to grips with meat

WILTSHIRE: Get wholeheartedly in touch with where your meat comes from, with a £130 **deer in a day course**. Former UK MasterChef winner and restaurateur **Mat Follas** calls tutor Joe O'Leary the UK's unsung wild-food hero. "His course is brilliant. It's all out in the woods. You each get to skin a whole deer then cut it into easy-to-cook joints, as well as prepping venison jerky and burgers to take home," he says. A foraged lunch by the campfire is included and you'll leave clutching a coolbox loaded with super-fresh meat, plus unmatched meat skills. (wilderness-survival.co.uk).

4 make your own chocs

NOTTINGHAMSHIRE: Get down to the serious business of making your own chocolate bars and truffles at **The School of Artisan Food**, deep within Sherwood Forest. You'll learn how to temper and shape chocolate, then give your personal confections a modern twist by introducing savoury flavours as well as sweet. Day course, £150. (schoolofartisanfood.org)

7 oysters on the beach

COLCHESTER: At the end of a walk along West Mersea beach is shellfish heaven – a dozen rock oysters, £8.40, at the brilliantly no-frills **Company Shed**. Eaten off Formica tables, and washed down with pints of pale ale, these salty half-shell shooters are so good, they need no fancy sauces or other frippery (01206 382700).



Oysters at the Company Shed

8

PYO

asparagus

BERKSHIRE: Eat the freshest asparagus of your life by picking it yourself at **Copas Farm PYO**, in Cookham, Berkshire. Drift through the field of stalks searching for the perfect spears, safe in the knowledge you're getting great value too. Ideal for wrapping in Parma ham and throwing on a barbecue. You can also PYO strawberries, cherries, broad beans and much more. Minimum charge, £2 (copasfarms.co.uk).



9

take tea

EDINBURGH: A good afternoon tea is a thing of beauty. For the full-on, decadent clotted cream, scones, sandwiches and cake extravaganza, head to **Harvey Nics** in Edinburgh. According to food writer and café owner **Rosie Lovell**, "The views from the top-floor terrace are great – it feels like a real treat." Smoked salmon herbed salad with horseradish cream, £8, champagne cocktails, £11 (harveynichols.com).

10

make cheese

SUFFOLK: At the independent **Suffolk Farmhouse Cheeses**, Katharine and Jason Salisbury run the entire operation, milking their Guernsey cattle on-site to produce two award-winning cheeses, a semi-hard and a blue. For £150 you can join them for a cheese-making demo and tour of the dairy, organised by Food Safari. You'll help milk the cows, then make your own soft-curd cheese to take home. Picnic lunch included, featuring cheese centre-stage alongside local wines and produce (foodsafari.co.uk).

11

make bread

DORSET: At **Cann Mills**, artisan baker Paul Merry teaches basic and advanced breadmaking from start to finish, working with organic Storate's flour, which is milled on the premises. Try his one-day course, including lunch and a tour of the watermill, £160 (panary.co.uk).

12

go food shopping

CANTERBURY: For the ultimate shopping trip and a great day out, head to the award-winning Canterbury farmers' market (near Canterbury West station), **the Goods Shed**. You'll be spoilt for choice, but our tips are the buttery sausage rolls at Patrick's Kitchen paired with some Kentish Winterdale Shaw cheese from Tom's, and quince jelly from Patriana. You can also get five Whitstable beers for a tenner (thegoodsshed.net).

13

relax on a food farmstay

LANCASHIRE: A stay at **Dolphinholme House** farm is a like back-to-basics heaven. Make pizzas in the brick oven topped with cheese courtesy of the farm's goats and eggs laid fresh at the henhouse, or hire a barrel to smoke your own fish. Four nights in a six-man tent, from £235 (featherdownfarm.co.uk).

14

fish and chips on the beach

KENT: They don't get better than the battered beauties at **Ramsgate's** award-winning **Eddie Gilbert's**, says food writer and critic **Marina O'Loughlin**. "They use fresh fish from the sea minutes away. Which is great. But best of all, they offer you fat chips cooked in your choice of vegetable oil or beef dripping (answer: always beef dripping). Eat in the cute restaurant or takeaway and saunter round England's only royal harbour." Haddock and chips, £7.50 (eddiegilberts.com).

WAKE UP

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The nation's favourite

A TASTE OF Tuscany

This picturesque Italian region is a true foodie paradise.

Nowhere is the essence of Tuscany better expressed than in its cuisine. Long a facet of life in the region, Tuscany's cuisine elicits almost as much interest and praise as its artistic and cultural heritage. This is thanks to the legacy of two distinct traditions – those of the countryside and of the city. Peasant cooking was characterised by the resourcefulness of a culture that had learnt to make the most of what the land had to offer; and from the city came the cuisine of the nobility, with all the trappings of wealth and grandeur that one would expect from cities as splendid as Florence, Siena and Pisa.

The traditions and culture of the countryside remain intact. Olives are still hand harvested, as they were 1,000 years ago, and pecorino is produced using the same techniques as those used by the Romans. Free of modern fads, the essentials of the Tuscan table remain the same. The starting point for any Tuscan meal is – as it always has been – the gastronomic holy trinity: wine, olive oil and bread.

With chianti classico and Brunello di Montalcino, local wines are regarded as some of the world's best. From the strong, piquant oils of Chianti and Siena to the delicate oil of Lucca, each region's product has its own character. Bread is always made without salt because, as the Tuscans know all too well, it will be eaten alongside flavourful food, so less is more.

LOCAL KNOWLEDGE

■ Food festivals are common. Stalls serve dishes for a small fee, usually home cooked and relating to the festival in question. Tuscan festivals in June include a sweet-olive festival in Capannori, Lucca and a cherry festival in Lari, Pisa.

■ June is festival month in Pisa, so there will be plenty of special events. Look out also for Degustando Pisa, a food festival that will see restaurants run special menus (degustandopisa.it).

CITY SLICKERS

Restaurants loved by locals and great-value accommodation in two of Tuscany's most glorious cities.

Florence

Tuscany's capital is adored for its superb steak, bistecca Fiorentina, as well as its art and architecture.

EAT

■ Family-run La Giostra is known for its bistecca Fiorentina as well as dishes such as taglierini con tartufi bianchi (white truffles), and gamberoni giganti cotti in forno al whisky (giant prawns cooked with whisky). Main courses €16-€36, expect a complimentary antipasti platter (ristorantelagiostra.com).

■ Pick up Tuscan specialties such as cantuccini biscuits, olives and olive oil at Mercato Centrale, then head to Trattoria ZaZa. Try the traditional Tuscan vegetable la ribollita soup, €8, followed by sweet chestnut torte, €4 (trattoriazaza.it).

■ Il Gelato Vivoli has some of the best ice cream in Florence, from the luxurious cioccolato-arancia (chocolate orange), to the more unusual riso (rice), from €2.50 for two scoops. (Via Isolla delle Stinche).

SLEEP

■ Next to the Museo di Palazzo Davanzati, in the city's historical centre, is Hotel Davanzati, housed in a classic Florentine building. Doubles from €120 (around Dhs550; hoteldavanzati.it).

■ Hotel David is out of the city centre but it makes up for this with a lovely terrace, great-value rooms, balconies and an excellent happy hour. Doubles from €150 (davidhotel.com).

Siena

Smaller and less visited than Florence, Siena's medieval walls and cobbled streets make for atmospheric sightseeing.

EAT

■ At out-of-the-way Osteria del Gatto expect specialties such as pici all' aglione (pasta in a garlic tomato sauce), €7, tegamata di maiale (pork casserole), €8, and tagliata al rosmarino (rosemary steak), €10 (osteriadelgatto.com).

■ Antica Osteria da Divo is carved out of the soft volcanic rock in the second ring of the city's walls. Order Senese pasta with wild boar sauce, €10, and rolled pork stuffed with pecorino and spinach with truffle sauce, €20 (osteriadadivo.it).

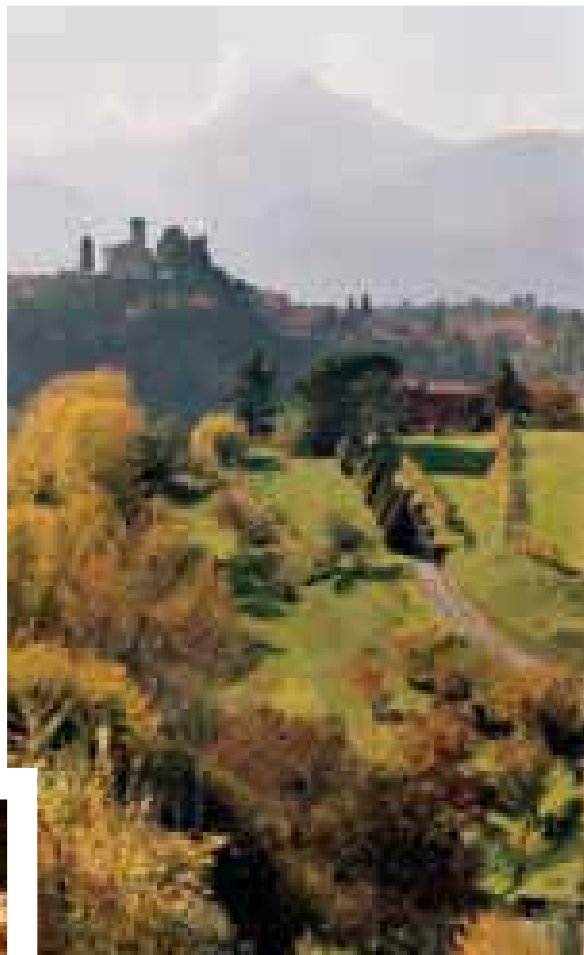
SLEEP

■ Centrally located Antica Residenza Cicogna is an impressive medieval building with beams and frescos. Doubles from €90 (anticaresidenzacicogna.it).

■ The sumptuous Grand Hotel Continental is in the Palazzo Gori Pannilini, built by Pope Alexander VII in the 17th century. Doubles from €350 (royaldemeure.com).

GETTING THERE

Lufthansa Airlines flies to Florence via Munich. Ticket prices start from approximately Dhs3,600. www.lufthansa.com.



TRAVEL SPECIAL

TRY THIS:



Crostini rossi alla Chinatigiana (Chianti-style red crostini)

SERVES 6 • 25 MINUTES • **Easy**

There are seemingly countless recipes for Tuscan crostini, which – although fairly similar – vary according to the cook's taste. Some use pane casareccio (plain rustic bread) others prefer typical unsalted Tuscan bread baguettes. Some leave the bread plain, others toast it, fry it in oil or soak it in stock. With the latter, the rule is that if the bread is toasted, the stock must be hot, and vice versa. In both cases, the slice should be dampened only on the spreading side. Other variations concern the addition of aromatic herbs to the tomato mixture, but this is all a matter of taste.

- 2 slices wholemeal bread**
- 4 tbsp white wine vinegar**
- 2 large ripe tomatoes, peeled, deseeded and chopped**
- 1 tbsp capers, drained, rinsed and chopped**
- 3 tbsp flat-leaf parsley**
- 2 tbsp thyme leaves, chopped**
- 1 garlic clove, chopped**
- olive oil**
- 12 slices Tuscan bread, toasted or pan-fried, or polenta, to serve**

Tear the wholemeal bread into pieces and put into a bowl. Pour in the vinegar and soak for 5 minutes. Drain and squeeze out well. Transfer to a mortar or another bowl, add the tomatoes, capers, parsley, thyme, garlic, 3 tbsp of olive oil and season with salt and pepper. Pound with a pestle or the end of a rolling pin to form a coarse mixture. Spread on slices of toasted bread or pan-fried polenta.

Postcard from Manhattan

Marina O'Loughlin takes a gastro-tour of some of the Big Apple's icons, from delis to burgers.

Try to sum up the ever-mutating Manhattan restaurant scene? You might as well try to knit fog. Nursing a cocktail – a Manhattan of course – in swanky, clubby Soho House (sohohouse.ny.com) in the Meatpacking district, I determine instead to track down places that give a sense of iconic Big Apple. Places that have a chance of being around in 20 years' time, where you don't have to dial the number on the secret phone booth, or enter via a fortune-teller's shop.

We kick off uptown at the newly revamped Monkey Bar (monkeybar.newyork.com), a stalwart since the repeal of Prohibition and now a wonderful, Mad Men-style power scene; its famous Ed Sorel murals and red booths cook up an evocative, jazz-age atmosphere. But chef Damon Wise's menu couldn't be more contemporary American: native ingredients – Peekytoe crab, Block Island swordfish – in pairings with kimchee or marmalade or quince. It all works.

Lovely sommelier Julie Hennigan is responsible for later moments being a bit, er, fuzzy, but I'm entirely clear on the remarkable quality of the cheeses. American cheese used to be a byword for plasticky appallingness, but these artisan numbers show that, fromage-wise, the US has come a long way, baby.

Even on the grungy Lower East Side, gentrification is spreading like mould. Every doorway seems to lead to a cool

bar, niche wine shop or Laboratorio del Gelato. Thank heavens for legendary Katz's Deli. And Essex Street Market, there since the 40s and now bristling with artisanal bakers, Mexican food merchants and purveyors of chocolate-covered bacon (roni-sue.com; I ate the lot).

It's also home to notoriously bonkers luncheonette Shopsins (shopsins.com). The menu's improbably long for such a weeny kitchen, which belches out calorific terrors such as donut sliders (mini-steamed hamburgers served in, yes, doughnuts - revoltingly delicious); or poutine, a Canadian number featuring fries, cheese curds and gravy; or peanut butter 'slutty cakes'.

Then there's mad, foul-mouthed Kenny Shopsin himself, throwing out anyone who transgresses one of his arbitrary rules (no parties of four, no cellphones, no substitutions). We're permitted to enjoy heftily price-tagged Mo'Jemima, pancakes incorporating bacon, poached egg, syrup and, umm, mac'n'cheese. If you're looking for 'only in New York'...

Far more lugubrious is the Lexington Candy Shop (lexingtoncandyshop.net) in the Upper East Side, one of the few luncheonettes to have resisted the unrelenting hand of modernisation. Actual soda jerks whip up thick shakes and malteds, to go with your liverwurst or peanut butter sandwiches.

I have the famous New York egg cream (no eggs, or cream; a bilious concoction of chocolate syrup, milk and seltzer). We've stepped into a Hopper painting.

We detour to Harlem in search of soul food, and in chef Marcus Samuelsson's Red Rooster (redroosterharlem.com), have fluffy corn bread with honey butter and tomato jam, and the mac – here made with orecchiette, New York cheddar, comté and gouda, and wilted greens. But it's at Vanity Fair editor Graydon Carter's famously hard-to-get-into Waverly Inn (001 917 828 1154) that we spot the mac'n'cheese nirvana. We're sitting beside an English rock star and his botoxed babe who order this luxurious, white-truffled version – at a gazillion dollars it's the pinnacle of foodie conspicuous consumption. They leave most of it because it's, like, you know, fat. And carbs. We stick to a chunk of aged beef, seared into blackness and served with butter and chunks of rock salt. Killing yourself slowly never tasted so good.

Then there's Old New York as reimagined by arch-restaurateur Keith McNally at Minetta Tavern (minettatavernny.com). It looks as though it's been here since the days of Some Like it Hot. We're here for the black label burger; a secret blend of dry-aged beef cuts, it costs an eye-watering \$26. The yielding, slightly sweet bun, the jammy-fragrant onions, the impossibly deep, savoury beefiness... I'd say it's worth every cent.

Immersed in iconic Manhattan-ness, we pick a couple of nouveau Noo Yoik wild cards. David Chang's Momofuku





(momofuku.com) outlets are the epitome: hysterically blogged, wildly oversubscribed and, frequently, insanely good. But his midtown Má Pêche is almost secret. It's accessed via a branch of his bakery, Momofuku Milk Bar, where we pick up some appallingly gorgeous cookies (I'd return to NY tomorrow just for the blueberry ones alone). Then we perch at the open-kitchen counter of the strange, cafeteria-like space, for a romp of a tasting menu.

Flavours are exhilarating: sea bass served in its crisped skin like a posh taco; an outstandingly refreshing sliver of sweet scallop with horseradish and grapefruit. Most exciting is a play on Chang's signature pork belly bun, featuring spiced lobster with homemade chicharrón: the lightest, crispest crackling. Inspired.

Next door to camp, grungy piano bar Marie's Crisis in the West Village is Hakata Ton Ton (tontonnyc.com). Lured by the promise of 'collagen cuisine' that's 'great for your skin', we keel on up; it's stellar. Especially the pigs' feet, slow-cooked to yield the most shimmering, deeply flavoured stock for hotpot, or collagen gyoza. We're the only non-Asians in the tiny, no-frills restaurant. Yes, they've all got marvellous skin.

New Yorkers are all about chasing the newest, greatest thing. I say there's a reason that places become classics, and that's every bit as exciting, right?

TRY THIS:

Momofuku's blueberry and cream cookies

MAKES 20 • 11/2 HOURS •

A little effort

225g unsalted butter,
at room temperature
150g granulated sugar
150g light brown sugar
100g liquid glucose
2 eggs
320g plain flour
1/2 tsp baking powder
1/2 tsp bicarbonate of soda
milk crumb (1/2 recipe
amount, below)
130g dried blueberries
MILK CRUMB
60g milk powder (such as Marvel
dried milk)
40g plain flour
2 tbsp cornflour
2 tbsp golden caster sugar
55g unsalted butter, melted
90g white chocolate, melted

1 Heat the oven to 150C/fan 130C. To make the milk crumb, combine 40g of the milk powder, the flour, cornflour, sugar, and 1/2 tsp sea salt flakes in a bowl. Toss with your hands to mix. Add the melted butter and toss, using a spatula, until the mixture starts to come together and form small clusters. Spread the clusters on a baking parchment-lined baking sheet and bake for 20 minutes. The crumbs should be sandy at that point, and your kitchen should smell like buttery heaven. Cool the crumbs completely.

2 Crumble any milk crumb clusters that are larger than 1/2 inch in diameter, and put the crumbs in a medium bowl. Add the rest of the milk powder and toss together until it is evenly distributed throughout the mixture. Pour the white chocolate over the crumbs and toss until your clusters are covered. Then continue tossing them every 5 minutes until the white chocolate hardens and the clusters are no longer sticky. The crumbs will keep in an airtight container in the fridge or freezer for up to 1 month.



3 To make the cookies, combine the butter, sugars, and glucose in a bowl and whisk with electric beaters for 2-3 minutes. Scrape down the sides of the bowl, add the eggs, and beat for around 7-8 minutes.

4 Reduce the speed to low and add the flour, baking powder, baking soda, and 11/2 tsp sea salt flakes. Mix just until the dough comes together, no longer than 1 minute. Scrape down the sides of the bowl with a spatula.

5 Fold in the milk crumbs until they're incorporated, then fold in the blueberries. Using a small ice-cream scoop, portion out the dough onto a baking parchment-lined sheet. Pat the tops of the cookie dough domes flat. Wrap the whole thing tightly in clingfilm and chill for at least 1 hour, or up to 1 week. Do not bake your cookies from room temperature.

7 Heat the oven to 180C/fan 160C. Arrange the chilled dough a minimum of 10cm apart on baking parchment-lined baking sheets. Bake in batches for 16-18 minutes. The cookies will puff, crackle, and spread. After 18 minutes, they should be faintly browned on the edges yet still bright yellow in the center; give them an extra minute or so if not.

8 Cool the cookies completely on the baking sheets before transferring to a plate or to an airtight container for storage. At room temp, the cookies will keep fresh for 5 days; in the freezer, they will keep for 1 month.

PER SERVING 277 kJ, protein 3.2g, carbs 35g, fat 11.8g, sat fat 7.1g, fibre 0.9g, salt 0.6g

TRAVEL SPECIAL

A GASTRO-TOUR OF Hong Kong



This Asian city's heady mix of cultures means its food is as diverse as its population. Georgina Wilson-Powell hits the neon lit streets to find the best tastes and sights the city has to offer.

Hong Kong is often seen as a gateway to Asia and to the Chinese mainland it perches on the edge of, but it has its own distinct personality. The city buzzes with a fusion of Western styles and Eastern customs, an intoxicating mix of nocturnal decadence, vibrant traditions and a quirky history. Held by the British after the First Opium War ended in 1842, Hong Kong was handed back to the People's Republic of China in 1997. The city state now operates under the 'one country, two systems' process, which sees both British and Chinese law used. Hong Kong is more Western than 'mainland' China, and as a result, is seeing a huge rise in tourism from 'mainlanders' (the Chinese).

If there's one thing Hong Kong is known for, it's probably shopping. From Hermes and Prada shops in converted 19th century police stations with queues outside, to luxury retail complexes and quirky independent boutiques, Hong Kong has a variety of shopping experiences. Variety is also the name of the game when it comes to Hong Kong's foodie offerings.

As much as Hong Kong is a fusion of cultures, cuisines and flavours, the city has several distinct areas, all of which have their own uniquely captivating atmosphere. They each offer up a different foodie experience, from British and Australian modern cuisine, to local Cantonese kitchens rich with the aromas of family recipes. Here is our pick of the best culinary offerings in three of the city's most popular tourist areas:

Kowloon

If you're staying in Kowloon then you don't have to walk very far to find great food. The city really comes alive after dark so don't be afraid to delve down tiny busy streets, futuristically lit with cheap neon signs, where you'll stumble upon fresh food markets, bustling canteen style restaurants and a city that is on the go, all hours of the day.

Nothing sums up Hong Kong food more than dim sum. Dim sum originated in Southern China, which is responsible for Cantonese food, and it was originally meant as a light snack with tea for travellers on the Silk Road. Baskets of baked and fried dumplings, steamed buns and spring rolls alongside baskets of steamed and spiced greens can now be found served everywhere in Hong Kong, and the ritual of eating dim sum has now taken on the nomenclature of 'yum cha' – which means to drink tea. Traditional Chinese dishes are given a Hong Kong makeover at many restaurants and they can be found available at all price brackets.

Michelin star restaurant Yan Toh Heen in the Intercontinental Kowloon takes dim sum to serious fine dining levels. Its Cantonese-inspired mouth watering morsels include traditional dishes like turnip cakes and steamed pork buns alongside more unique offerings such as frogs' legs with spicy salt and duck's tongue marinated with hua diao and soy sauce. Head here at lunchtime and enjoy a lengthy menu, whilst Asian businessmen combine intense meetings with flowering teas.

Kowloon is also home to one of the world's cheapest Michelin starred restaurants. Nanhai No.1 (30/F, iSquare, 63 Nathan Rd, Tsim Sha Tsui). is based at the top of a shopping centre and has unrivalled views over the harbour to Hong Kong Island. Along with the delicious dim sum, the modern, vibrant restaurant's floor to ceiling windows offer a great vantage point of the renowned 'Symphony of Lights' – the world's largest permanent light and sound show, a collaboration between the city's skyscrapers, that has now become one of its biggest tourist attractions.

Once the light show is over, turn your attention back to the food, and it's the seafood that steals the show here. From grilled giant prawns to the wonton soup with lobster bisque, the restaurant is packed out every night, and rightly so. We'd recommend booking.

For a really authentic Cantonese experience, try Aunty's Restaurant (Kimberley Road). A former street stall turned basement eatery, this is no-frills, traditional dining. The menu is all in Chinese but be persistent, staff do speak basic English and there are picture menus to aid with the pointing.

Once you've managed to order, rest assured, every dish that comes of the kitchen is delicious. From the safe lemon chicken to more daring oysters, turnip cakes and roasted pork with ginger, the nerve-racking ordering is worth it. Wash it all down with bottles of Harbin beer (a Chinese product that isn't exported), which usually is drunk out of delicate porcelain bowls.



Soho & Central

Soho (South Of Hollywood Road) is Hong Kong island's beating heart. The network of small hilly streets can be easily got around by a clever series of escalators, which go to make up the longest escalator in the world. More like London's Tube in rush hour, this busy public transport concept has fuelled the development of street after street of individual bars, restaurants and boutiques, where you can get off, stop, have a bite to eat and a bar hop.

The city's cosmopolitan professionals are reflected in the area's diversity. Asian fusion bar lounges sit next to British themed pubs and delicate delicatessens, while hungry diners who want fine dining aren't short of options. One of the busiest non-Cantonese eateries is Cecconi's Italian (Staunton Street). The small, family run restaurant is packed on most nights after about 8pm, offering modern takes on traditional favourites.

Stanley

For a completely different side to Hong Kong, head half an hour east past Repulse Bay (where the seriously wealthy live, and hit the seriously exclusive fairway) and over to Stanley. The beachside promenade is more like one from the English south coast with the exception of the dramatic tree covered hills rising steeply from the gentle coves.

Stop for a leisurely lunch at Rocksalt (25 Stanley Market Road,) where large open windows allow you to people-watch along the promenade, and gaze lustfully at the old fashioned ice cream van parked outside. The Australian owned restaurant serves massive portions of interesting salads, staples such as fish n' chips and homemade burgers as well as delicious pots of mussels, prawns and clams. For anyone who has over-indulged in the city's more traditional Cantonese delights, the restaurants in Stanley are a reminder that the city's culinary offerings are far more global than you'd first imagined.

Spend the afternoon walking off the lunch around the rabbit warren of market stalls. The deeper you go into the maze, the more original and interesting the products, so delve past the cheap chopsticks sets, jade jewellery and lucky cats, and keep going – what you discover will be totally worth your while.



NEED TO KNOW

Getting there: Cathay Pacific offers direct flights between Dubai and Hong Kong, ticket prices start from Dhs3,260. cathaypacific.com.

Staying there: For the best views from Kowloon over Victoria harbour, overlooking the city's iconic neon crowned skyline, the Intercontinental Kowloon cannot be beaten. Built over the water, the hotel features a restaurant from both Nobu and Alain Ducasse, as well as its own Michelin starred options. The hotel also has a great spa, and the friendliest hotel staff! Room rates start from HKD2,000 (approx. Dhs950), hongkong-ic.intercontinental.com.

If you're looking for a budget option, the YMCA has one of the best locations in Kowloon. Prices for private rooms start from around \$600HK. ymcahk.org.hk.

Food safari

While some cuisines of the world have rightfully earned their place on most people's favourite lists, there are a plenty of others, equally rich in flavour, just waiting to be discovered. Nicola Monteath explores eight lesser-known global cuisines, that can be sampled here in the UAE.



ETHIOPIAN

One of the largest countries in the continent, this East African country's economy is predominantly dependent on agriculture. With a varied tropical landscape ranging from hot and arid lowlands to near-alpine highlands, crops grown here include cereals such as wheat, barley and teff – used to create the staple dish Injera – and pulses such as chickpeas, field peas, lentils, and soybean. Corn is also produced in large quantities and requires rainfall to harvest properly – which can be unpredictable, particularly in the dry plains – while coffee is cultivated in the southern and eastern parts of the country, where rainfall sees equal distribution. Coffee is an essential part of their culture, with an elaborate coffee ceremony being conducted at the end of each meal. All these crops are staples of Ethiopian cuisine and are consumed on a daily basis.

Consisting mainly of spicy vegetable and meat dishes, Ethiopian cuisine is not only known for its flavourful dishes but also the rituals and traditions based around it. Injera, a large sourdough flatbread of about 50 cm, is the staple bread made with 'teff', a fine grain, and is

usually shared between family and friends. Sharing Injera is an act of friendship known as goorsha, where a person strips off a piece and rolls it in sauce before feeding their friend, signifying a stronger friendship.

Spice mixes, predominantly used to add flavours to dishes, include Berbere, a red pepper spice paste and Niter kibbeh, a clarified butter infused with cumin, coriander, turmeric, cardamom, cinnamon and nutmeg. A typical meal is usually made up of an Injera served with various wats (stews with sauce consistency). The national dish, Doro wat is made up of rich and spicy chicken, while Mesir wat, another popular dish, is a red lentil bean stew. Tibs, sautéed beef or lamb in spices, peppers and onions, is also served on an injera along with lab, a fresh cheese mix that helps tone down the spiciness of the other dishes. For dessert, Ethiopians eat fatira, a large fried pancake topped with honey. Interestingly, Ethiopia is also known to produce alcoholic beverages; these include Tej, a potent honey wine and Tella, home brewed beer.

TRY THIS AT HOME: Lab – fresh cheese

MAKES
2 CUPS
Combine 2 cups
cottage cheese
(with small curd
pieces), with ½
cup plain
yoghurt, 2 tbsp

lemon juice, salt and **pepper** in a large bowl. Stir using a wooden spoon, mash the pieces of curd and adjust seasoning. This can be served as a side dish or as the final course to a meal.

(Recipe courtesy of Whats4eats.com)

EAT OUT: Al Habasha restaurant has outlets both in Dubai and Abu Dhabi, both serving authentic Ethiopian dishes such as Injera, Kara Mara, and Doro Wat. Call 04-2718183 and 02-6444826.



SWEDISH

Located in Northern Europe, Sweden home to a number of forests and rivers that harvest natural resources including strawberries, lignonberries (available only in the region), juniper berries and other summer fruits that are grown in summer and used to make jams for winter, as well as fresh fish such as cod, haddock and pike. The Swedish diet varies according to the seasons and heavily relies on savoury stews and roasts. With simple flavours, Swedish cuisine features an abundance of seafood and bread. To preserve produce through their long winters, Swedes use methods such as pickling often for fish and seafood, salting and curing. Swedes love salmon, either smoked, cured or marinated with dill and salt. Herring, crayfish and eel are also popular. Some of the more traditional dishes, aside from Swedish meatballs are Midsommar – a breakfast dish of pickled herring, new potatoes with eggs, chive infused sour cream; and Kalops – a meat stew with vegetables. Potatoes are also used with most dishes, including to make traditional Jannsons frestelse, a casserole with grated potatoes, onion, anchovies and cream. Swedish bread – made from wheat, barley and rye – is also available in a crisp, cracker-like form, which is eaten with cheese, pate, caviar and other spreads. Like most cuisines, Sweden has a number of delicious sweet treats such as pies, princess cake – a sponge cake covered in marzipan – almond cake and napoleon pastry – a cream-layered pastry.

TRY THIS AT HOME: Creamy Swedish meatballs

P SERVES 4

Mix together 1 finely chopped **onion**, 450g **minced pork** or **lamb**, 1 **egg yolk** and 1-2 **sprigs of dill**. Heat a large frying pan with 1 tbsp **vegetable oil** to cook 20 raw meatballs. In a bowl, mix together 3-4 tbsp **sour cream** and 1 sprig of dill, spoon mixture over the meatballs and serve with mashed potato.

EAT OUT: Ikea cafes in the U.A.E serve an array of authentic Swedish food as well as food products. Call 04-8004532.



YEMENI

Located on the southern tip of the Arabian Peninsula, the country is surrounded by the Red sea to the west and Oman to the east. The desert climate of the country with just two seasons, means the diet is similar to most countries in the region, with subtle flavour differences. It is known for its crops such as cotton, grains, fish, coffee and honey, which are grazed, grown and exported to the rest of the region. Its cuisine is made up of delicacies like grilled fish; salta – a spicy meat stew; stews of a soup consistency made with lamb, meat or lentils known as shurba, accompanied by

flatbreads such as khubz, khamira and malooga. These are all served with grilled eggplant or a green salad. The traditional dish, Mandi, which is also served in Egypt, Syria and U.A.E, is made from lamb or chicken, basmati rice and a mix of spices, served with yoghurt and tomato chutney on the side. Yemenis consume a dessert and beverage after every meal. Desserts are made out of sweet breads or puff pastry covered in honey known as Bint-as-sahn, while the popular beverages are Shai, a sweet tea flavoured with mint or cardamom and Gahwa, a spice-infused coffee.



TRY THIS AT HOME: Lamb and chard pide

SERVES 4

Roll out 400g of dough and cover with a moist cloth. Fry 2 chopped **onions** and 2 sliced **garlic** cloves in **olive oil**, until soft. Add 200g **lamb**, 1 tsp ground **cumin** and 1 tsp



cinnamon until **lamb** turns brown. Fry a large bunch of **chard** (chopped stalks and leaves shredded) until wilted and almost crisp. Season with salt and pepper. Divide the dough into 4, stretch and roll each piece into a teardrop shape. Top with lamb mix, 200g feta, drizzle of olive oil and bake in pre-heated oven for 15-20 minutes until edges are browned and base is cooked.

EAT OUT: Feast on authentic chicken or lamb mandi at Bait al Mandi in Al Barsha. Call 04-3233313.

KOREAN

Lying between China on the west and north, and Japan to the east and with its central peninsular location, Korea is home to seafood-heavy cuisines with most of it coming from the nearby Yellow sea, East Sea and Sea of Japan. No dining table in Korea is found without a bowl of dried and salted fish.

The cuisine is largely made up of dishes that contain grains, legumes, seafood and vegetables, paired with short grain steamed rice. Ingredients and dishes vary according to provinces and use seasonings ranging from red pepper, sesame oil, to the more exotic doenjang (fermented bean paste), pepper flakes, soy sauce, gochujang (red chilli paste), ginger and garlic. Condiments such as kimchi (a pickle made from napa cabbage, Korean radish, ginger, garlic, scallions and chilli peppers) or bean sprout salads, are served on the side.

Some of the signature dishes from this cuisine are Bulgogi (slices of sirloin marinated and served with cellophane noodles or vegetables); Galbi (grilled short ribs marinated in chilli paste and soy sauce); Bibimbap (a mixture of white rice topped with sautéed veggies, chilli paste and sliced beef). For a sweet treat, Koreans eat Yaksik – steamed rice mixed with chestnuts, pine nuts, honey, brown sugar, sesame oil and soy sauce – washed down with sip beverages such as Ingsam cha, ginseng tea or Danggwai cha, ginger tea.



TRY THIS AT HOME: Beef Bulgogi

Cut a 720g **beef rib eye** or **strip loin** to thin slices. Mix 80ml **soy sauce**, 50g **white sugar**, 25g **brown sugar**, 55ml **rice wine**, 15g chopped **garlic**, 220g **pear**, 85g chopped **onion**, 20g **sesame seeds**, **sesame oil** and **ground black pepper**, to make a sauce. Marinate beef in the sauce. Slice and sauté 85g **shitake mushroom**, 85g **shimeji mushroom**, 40g **spring onion** and 180g **white onions**. Grill the marinated beef, serve with sautéed vegetables and 55g spring onion sprinkled on top.

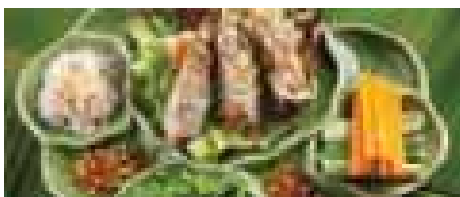
(Recipe supplied by Sonamu, Asiana Hotel)

EAT OUT: Try the bibimbap and galbi at Sonamu, Asiana Hotel. Call 04-2387777.

VIETNAMESE

While Asian cuisine like Chinese and Thai are popular around the world, Vietnamese cuisine has slowly been taking the world by storm with its fragrant, fresh ingredients and clear, simple flavours. Vietnam is surrounded by the Gulf of Thailand and the South China Sea, and has a rich agricultural heritage, with abundant produce. Rice is a staple, alongside fresh fruit and veg. Other common ingredients used for the typical flavours include fish sauce, soy paste, herbs such as coriander, mint and basil. In the 19th century, Vietnam became a French colony and its influence is still noticeable in Vietnamese cuisine. For example, ingredients like baguettes and butter, as well as culinary techniques in preparing soups, sandwiches and pates were brought to Vietnam by the French. French-Vietnamese dishes include Banh Mi (sandwiches filled with pate and vegetables), pho (noodle soup), and flan (custard tarts). Traditional Vietnamese cuisine includes dishes such as Cha cha – fish seasoned with garlic, ginger, turmeric and dill; and Hoi An – a pork noodle dish with wontons.

TRY THIS AT HOME: Bo Xao Hanh Nam (Crispy Spring Rolls)



Mix together 250g **shelled prawns**, 100g cleaned **crab meat**, 80g chopped **shiitake mushrooms**, 80g chopped **shallots**, 40g chopped **jumbo thread beans** soaked in water, 25g chopped **spring onions**, 30g peeled and chopped **carrots** and 30g chopped **bean sprouts**, 15g **salt**, 9g **pepper** and 40ml **fish sauce**. Blanch 120g **rice paper** in hot water and spread on damp kitchen cloth. Spoon small amounts of seafood mix on it. Whip 4 **eggs** and use as glue to stick the rolled rice paper around the edges. Deep fry rolls until crispy and serve with 30ml fish sauce vinaigrette.

(Recipe supplied by Hoi An, Shangri La hotel)

EAT OUT: Taste authentic Vietnamese at Hoi An, Shangri La hotel. Call 04-4052703.

RUSSIAN

The largest country in the world, Russia, is known for its extreme temperatures. Sharing boundaries with the Atlantic, Arctic and Pacific Oceans, the country sources a lot of its food from these waters as well. Mushrooms, berries, rye, oat, wheat, barley and buckwheat are grown in forests and fields within the region and feature frequently in Russian food. Vegetables used in this cuisine are more of the hearty and comforting type such as cabbage and root vegetables, including beetroot, carrots, potatoes and radish. A popular ingredient used in their cuisine is Sauerkraut – pickled and shredded cabbage with vinegar. Aside from Russia's best known culinary exports, Stroganoff and Kiev, there are plenty of other delicious dishes such as Borshch (a beetroot soup filled with vegetables, meat and sour cream – shown here); Pirozhi (pastries filled with potato, meat, cabbage or cheese); Shashlyk (kebabs); Pelmeni (meatball stuffed dumplings), Beef stroganoff and Morozhenoe (ice cream), which is topped off with fruit, nuts and chocolate.

TRY THIS AT HOME: Blini

Beat 3 **eggs** and 4 tbsp of **sugar**. Add a pinch of salt and slowly add 200g **flour** to make it form a yoghurt-like consistency. Boil 500ml **milk** and slowly add to the mixture while mixing continuously, add 4 tbsp **vegetable oil** and mix thoroughly. In a bowl, stir 1 tablespoon of **lemon juice** and 1 teaspoon of **baking soda** and add to the **dough**. Stir well until the dough is runny. Heat a frying pan on high heat, add a drizzle of oil before pouring dough to cover the entire pan in a thin layer. Remove when the blini is golden on all sides. To eat for dessert, serve with **sour cream**, **sugar** and **jam**. As a savoury dish, eat with fried mushrooms.



EAT OUT: Authentic Pelmeni and beef stroganoff are served at Suvoroff in Jumierah Beach Residence. Call 04-4370178.

TUNISIAN

This beautiful coastal country, situated between Algeria and Libya on the northern tip of Africa, is bordered by the Mediterranean Sea, and is therefore heavily influenced by Mediterranean cultures. The coastline contains a number of fishing ports, making fresh seafood such as squid, cuttle fish and octopus – which are eaten grilled, fried or baked – integral to the cuisine. Spices used commonly are cumin, bay leaves, caraway, saffron, cumin, cinnamon and mint. Red hot peppers are also used, to make a spicy paste known as harissa which is used in dishes such

as orja, a spicy meat stew. Other dishes from the cuisine include Tajin (not to be confused with a Moroccan tagine, this is a baked casserole of egg, meat and spices), Shurba (soups), Shakshouka (ratatouille) and Brik (a fried appetiser made with egg, olive oil, parsley, tuna). Couscous, although picked from Algeria and Morocco, is popular in Tunisia, cooked with harissa and served with meats, chickpeas, carrots and potatoes. They also have their own version of the popular Baklawas (a pastry made with filo dough, filled with chopped nuts and sweetened with honey).



TRY THIS AT HOME: Harrisa

PREP 10 min.
COOK 10min.
This **spicy chilli paste** is used as a condiment or as a rub for **lamb and meat**.

Soak 10-12 dried **red chilli peppers** in hot water for 30 minutes. Drain and remove stems and seeds. In a food processor, blend chilli peppers with 3 gloves minced **garlic**, 1/2



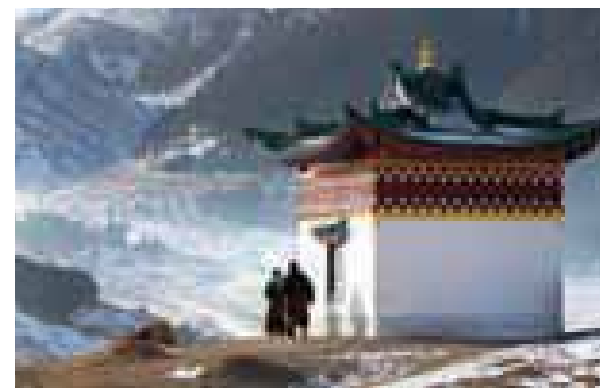
tsp **salt**, 2 tbsp **olive oil**. Add 1 tsp ground **coriander**, 1 tsp ground **caraway seeds** and 1/2 tsp **cumin** and create a smooth paste. Serve or use as marinade. To store, keep in an airtight container with a drizzle of olive oil, to keep fresh.

(Recipe courtesy of Mideastfood.about.com)

EAT OUT: Dine on delicious Tunisian cuisine such as tajin and brik at Al Malouf Restaurant. Call 04-4574063.

NEPALESE

Similar to Indian, but with its own unique spices and flavours, Nepalese cuisine is a reflection of the various cultural groups inhabiting this tiny Himalayan nation, such as Newaris in Kathmandu, Terai, and Thakali. Nepalese cuisine often involves preserving and dehydrating foods such as meats and vegetables, in order to use them during the harsh winters. The country has a number of farms in the fertile Kathmandu valley, where grains and rice are harvested; these are eaten on a daily basis. Spices and flavourings such as garlic, coriander, cumin, mustard oil and ghee are used to flavour curries, rice and just about any dish. Some of the signature dishes are Alu Tama (a curry of potato and bamboo shoots); fried Nepali rice (flavoured with turmeric and cumin) and the ever-popular Momos (stuffed dumplings). A typical meal would consist of dal (lentil soup); bhat (steamed rice); choylas (grilled meats marinated in mustard oil); sukutis (smoked barbeque); roti (flatbread) with chutneys and pickles. For dessert, Nepalese have a variety of dessert to choose from but one of the most famous is Sikarni, from the Newaris – a yoghurt-based dish with honey and dried fruit.



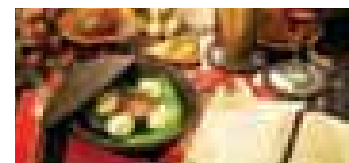
TRY THIS AT HOME: Sikarni

Serves 4

Mix together 375g plain **yoghurt**, 125g **icing sugar**, 2 pinches of **cinnamon powder**, 50g **condensed milk** and 20g **honey**. This can be served immediately or chilled in the fridge.

Recipe courtesy of The Dwarika's Group of Hotels & Resorts, Nepal

EAT OUT: Try the delicious dals, rotis and momos from The Curry House, Abu Dhabi. Call 02-632886.



A luxury stay-cation

Not leaving on a jet plane for the summer? You can still have a gorgeous gourmet getaway staying right here, at regional eco-hideaway Six Senses Ziggy Bay, says Roy Ivan.

Just getting to Six Senses Ziggy Bay is an adventure – guests can choose to arrive by land (4x4), air (paragliding) or sea (speed boat) – each route is as unique and thrilling as another. We chose the ‘earthy’ way, putting our 4x4 – and our nerves – to the test, as we drove up the narrow, winding road clinging precariously to the side of the mountain. We arrived at the resort, after the drama and stunning views of the drive, happy to adjust to the slow, easy-going ambience.

Tucked between the majestic Musandam mountains, a small fishing village and the serenely secluded Ziggy Bay, this is a hideaway that is dedicated to getting away from it all and literally switching off – they even have a ban on mobile phones in public areas. You won’t find yourself getting bored, however, with their weekly activity programme offering a range of culinary, educational and wellness activities, from meditation, yoga and guided beach walks to Arabic lessons.

Made up of individual, private bungalows, the resort has been designed using traditional architecture to give a genuinely rustic feel. The walls are built from locally-sourced Omani stone and all the furniture has been hand-crafted by local carpenters. The understated luxury and down-to-earth feel of the place makes us feel instantly at ease – it’s 5 star luxury without any of the intimidating glamour.

Our bungalow, complete with a private infinity pool and complimentary bicycles, is set within its own gated enclosure, guaranteeing total privacy. Tempting as it is to stay in, we opted to explore the many tree-lined pathways of the resort by bike, our first destination being the kitchen garden, the source of most of the hotel food.

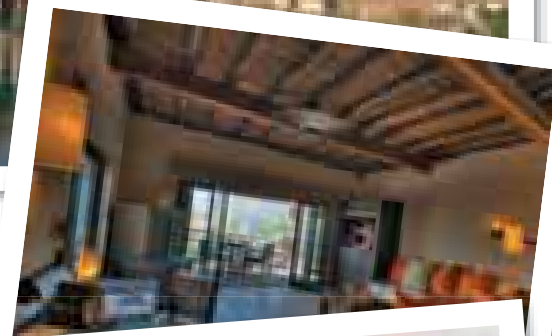
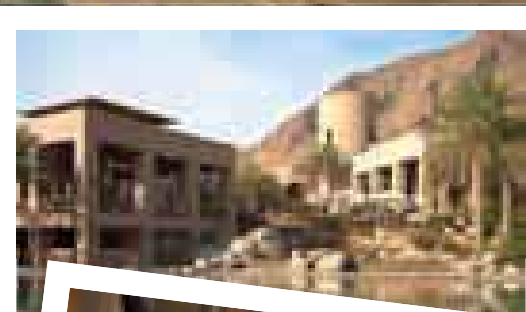
Abundant with organic fruit, vegetables and

herbs, it is an integral part of the resort.

Cookery classes are regularly held here, so we signed up for an Arabic Cooking Class with Chef Ali, an award-winning Lebanese chef, who, despite his many accreditations, confesses a personal preference for fresh falafel from a street stand, compared to formal, complicated fine dining. His class is fantastic fun. He shows us how to make a four-course Arabic meal – which is not only simple to make but utterly delicious – in his chatty, friendly style.

That wasn’t the only culinary experience of the day. That evening, we were invited to climb to the top of VintTheque, an impressive Rapunzel-style tower with a narrow twisting internal staircase leading up to a tiny roof terrace with 360° views and a fabulous sunset. Andrea, the hotel’s talented sommelier takes us through a date-pairing menu that she has concocted, combining her unique knowledge of palate-stimulating flavours and a remarkable number of ways in which dates can be incorporated into contemporary sweet and savoury dishes.

The date is the most important fruit crop in Oman, economically as well as socially, and occupies nearly 50 per cent of cultivated land in the country. Andrea is passionate about teaching guests about this valuable culinary resource, and her personal attention, along with the private roof-top setting, make for a unique and memorable pre-cursor to our dinner, a delicious Arabic buffet. Our foodie delights continued into the next day, with a leisurely breakfast featuring abundant piles of the freshest exotic fruits I have seen since arriving in the UAE, and delicious fruit smoothies. For lunch, I enjoyed pan-fried snapper fillet with spring onion, new potatoes and red wine syrup, followed by lychee jelly, with almond biscuit crumble and pistachio



espuma, for dessert. It was decadently unctuous, the sweet lychee jelly beautifully balanced with the salty pistachio crumble. In fact, for me, it was the perfect embodiment of everything this resort has to offer – light, fresh and healthy, yet indulgent.

NEED TO KNOW

Room rates start from around Dhs3,000 per night, visit sixsenses.com.

Win!

COMPETITIONS

Fabulous prizes, from hotel stays to dinner vouchers, up for grabs.

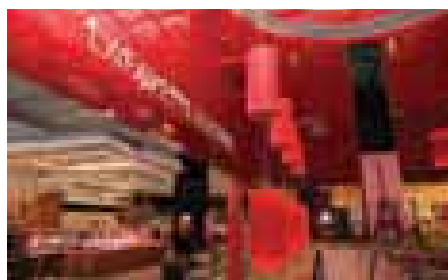


WIN! A HUROM JUICER HU-300 WORTH DHS1,400

This unique juicer that uses a low-speed technology to juice fruit, vegetables, wheatgrass, soybeans and nuts, working efficiently to extract as much juice as possible. There's no better way to increase your intake of fruit and veg. (Check out our product review on page 11 for more details).

WIN! DINNER FOR TWO AT DONATELLO RESTAURANT

The fine-dining Italian restaurant located in the Convention tower, Dubai World Trade Centre is offering two lucky winners a chance to feast on authentic Italian cuisine, in a glamorous and stylish setting. Try delicacies like beef Carpaccio, scallops in garlic breadcrumbs and eggplant parmigiana, but don't forget to leave room for tiramisu and chocolate fondant.

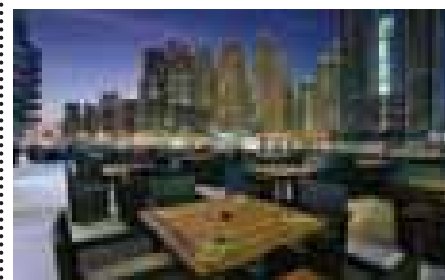


WIN! MEAL FOR TWO AT LAFAYETTE GOURMET

Two lucky winners win a meal at foodie haven, Lafayette Gourmet. Dine on eight different cuisines including Spanish and Italian, all under one roof, and you can follow up with shopping for specialty food products.

WIN! WEEKEND BREAK AT SOFTEL HOTEL, ABU DHABI CORNICHE

Enjoy a fabulous luxury break in this city-centre hotel which is conveniently located on the Corniche road. Indulge your inner foodie with this package which includes a superior room with breakfast, and a meal at Silk & Spice, their authentic Thai restaurant.



WIN! MEAL FOR TWO AT ZAFRAN, DUBAI MARINA MALL

Feast on sumptuous contemporary Indian cuisine that uses a mixture of international ingredients with traditional cooking methods. Their signature dishes include rogan josh, murg makhani, naans and kebabs.



WIN! DINNER FOR TWO AT SEVILLE'S, WAFI

This Spanish restaurant overlooking the gorgeous rooftop gardens at Wafi is a Dubai establishment. Go on a relaxed date night, tucking into comforting bowls of paella, blue mussels in creamy lemon sauce, and fresh salads, while enjoying tunes played by the resident acoustic guitarist. It's an authentic taste of Spain, right here in Dubai!



WIN! CHEESE & WINE PAIRING EVENING FOR TWO AT MAZINA, THE ADDRESS DUBAI MARINA

Cheese lovers are in for a treat! Savour unlimited cheese and condiments to complement two glasses of selected beverages, while taking in the views of the gorgeous marina.

WIN! DINNER FOR FOUR AT BLACK CANYON RESTAURANT

Offering authentic Thai cuisine, Black Canyon, serves delicious curries, fried rice and exotic cocktails in a casual setting. Don't forget to try out the dishes from their special 'Time for Thai' menu.



WIN! TABLE FOR FOUR AT SHANG PALACE, SHANGRI-LA HOTEL, DUBAI

Grab your friends and feast on a wide selection of steamed or deep-fried dim sums as well as traditional teas, every Friday and Sunday, during lunchtime, at the hotel's signature Chinese restaurant.



To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website. Winning was never this easy!



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The Kenwood HB723 hand blender combines beautiful design with functionality and performance. The feature-rich blender has a 700W motor, and offers a range of speed options, plus a pan blending attachment. The user-friendly gadget is also easy-to-clean with dishwasher-safe parts.



THE PERFECT GIFT



Looking for the perfect gift for a foodie friend? Why not treat them to a year's supply of BBC Good Food ME magazine?!

☒ **YES** please send me **GoodFood** for one year

First Name: _____ Family Name: _____

Company Name: _____ Postal Address: _____

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Please fax or email to:

Fax: +971 4 447 2409

Email: Rochelle@advancemena.com

READER SURVEY

We'd like to get to know you better!

Full Name :

Address/Area and Emirate where you live :

Email address : Contact number :

Nationality : Date of birth :

Occupation :

Do you have children? ☐ Yes ☐ No If yes, how many?

Average monthly household income : ☐ AED 8K - 15K ☐ AED 16K - 25K ☐ AED 26K - 35K ☐ Higher than that

How often do you cook at home? ☐ Everyday ☐ 2 - 3 times a week ☐ Once a week ☐ Less than that

What is your favourite cuisine?

What type of restaurant do you most enjoy dining out in? ☐ Fine dining ☐ Family

☐ Casual ☐ Food court ☐ Others (please specify):

How much do you spend on dining out each month on average?

How much on average do you spend on grocery shopping every week?

How many holidays do you take in a year?

What is your favourite activity when on holiday? ☐ Trying out the local cuisine ☐ Shopping

☐ History and culture ☐ Entertainment activities ☐ Others (please specify):

How do you usually spend your leisure time?

Where do you like to go on your weekends?

Where do you get your copy of *BBC Good Food ME* at the moment? ☐ I am a subscriber

☐ I buy it off-the-shelf every month ☐ I buy it occasionally Which outlet?

What would you like to see more or less of, in the magazine?

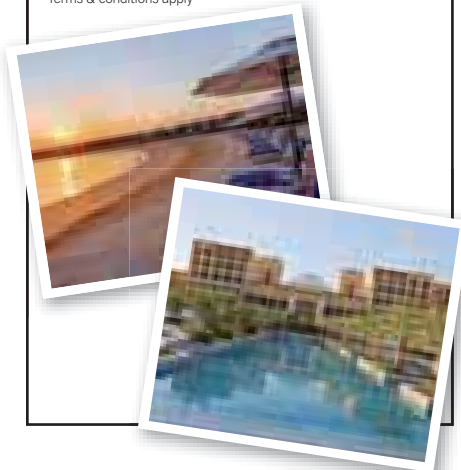
Do you make purchasing decisions based on advertisements you see in the magazine? ☐ Yes ☐ No



Enter and win!

Participate in the reader survey to be entered into a draw to win a luxury weekend getaway at Hilton Ras al Khaimah Resort & Spa. The winner gets a 2-night stay for two at this fabulous beach resort, including breakfast and a couples' spa treatment. Visit www.hilton.com/Ras-al-Khaimah.

*Terms & conditions apply



How to enter: Cut out this page and post it to us at: ✉ Reader Survey, BBC Good Food ME, PO Box 13700, Dubai, UAE; or ☎ Fax it to us at 04-4293654. Please use separate sheet if answers don't fit here. Alternatively, you can simply log on to www.bbcgoodfoodme.com to enter online.

**Only one entry per reader.

I'm a foodie... are you?

Sign up to our Food Club today and you can enjoy special privileges including:

- **Access to exciting competitions**
- **Exclusive invitations to culinary masterclasses led by top chefs in the UAE**
- **Weekly email newsletters packed with food news, views and recipes**
- **A loyalty card which gives you 20 per cent discount at fantastic restaurants**



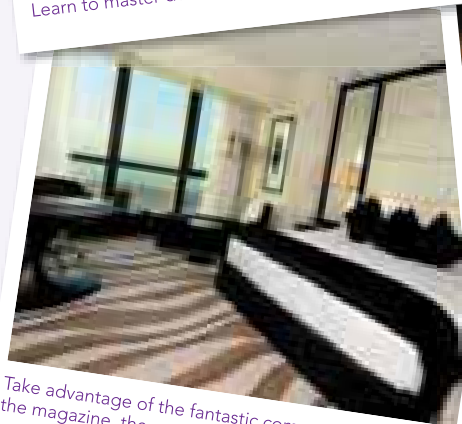
Learn to master delicious dishes at our masterclasses



Chef Paul de Visser from Ruth's Chris Steak House



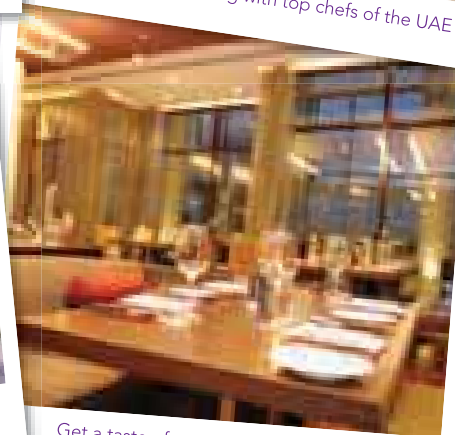
Get cooking with top chefs of the UAE



Take advantage of the fantastic competitions we run in the magazine, the newsletters and online



Meet and mingle with other foodies at our regular events



Get a taste of some of the best restaurants in the region at our Food Club masterclasses

What they said

Feedback from our Food Club members:

• *Huge compliments to the team for a stunning Masterclass event. They are presented so professionally and are a fantastic showcase for the chefs and their restaurants.* 🍷 – Paul Conroy

• *Thank you for the invitation to the Masterclass. We really enjoyed ourselves and look forward to replicating the menu when we next have friends over.* 🍷 – Liz Sandford

• *Just wanted to say thanks very much for another wonderful, educational and tasty evening. My husband and I are very grateful to be able to attend these events.* 🍷 – Annette Duke



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Present your card when dining in any of these restaurants
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The Gallery restaurant & Cafe

PARK HYATT DUBAI
Cafe Arabesque
The Thai Kitchen

**CORP EXECUTIVE
HOTEL APARTMENTS**
Caffeine
Mood

GARHOUD, DUBAI
Shahista

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Nineteen

**SOUK MADINAT
JUMEIRAH**
Anar
Ushna

DUSIT THANI DUBAI
Benjarong
Pax
The Californian

MEDIA ROTANA
Prego's
Channels
Nelson's
The Terrace

RADISSON BLU DUBAI DEIRA CREEK
Shabestan
Fish Market
China Club
Friday Fun Food Festival

SWISS-BELHOTEL DUBAI
Kebab Connection
Senses
Liquid Lounge

THE METROPOLITAN HOTEL
Don Corleone
Shahjahan
Fish Bazaar
Summer Place

GRAND MILLENNIUM DUBAI
Toshi
Dante
Atrium

CORAL BEACH RESORT SHARJAH
Al Bahar
Al Dente
Casa Samak

MOVENPICK HOTEL DEIRA
Wok In

SHERATON CREEK
Vivaldi Italian Restaurant
Creekside Japanese Restaurant
Ashiana Indian Restaurant
The Lobby Cafe
Chelsea Arms Pub

THE PALACE - THE OLD TOWN
FAI
Albayt-Afternoon Tea

OCEAN, THE PALM JUMEIRAH
West 14th

BAB AL SHAMS
Al Forsan
Masala
Le Dune Pizzeria
Al Sarab Rooftop Lounge
Al Shurouq Lounge
Yahala Bar
Pool Bar

IBN BATTUTA GATE
Mistral
Chor Bazaar
Sicilia
Shanghai Chic
Moroc Bar & Lounge

JUMEIRA ROTANA
Boston Bar & Restaurant
Brauhaus German Restaurant & Bar
Five Dining

WAFI
Asha's (Wafi only)
Carter's
Medzo
Thai Chi
Vintage
Mahi Mahi
Noodle Factory
Seville's
Planet Hollywood
Belucci
Biella (Wafi Only)
The Square

CORAL CORP
Caffeine
Mood
Snug Pool bar

CORAL DEIRA
Al Nafoora
Rasoi Indian restaurant

**EMIRATES PALACE
ABU DHABI**
Anar

PULLMAN HOTEL
Sanabel
Soda Box
Vantage
Sanctuary Pool Lounge

RITZ CARLTON DIFC
Center Cut Steakhouse
Blue Rain
Can Can French Brasserie

If you haven't signed up to our Food Club,
visit **www.bbcgoodfoodme.com** and sign up today.

* Please note that this offer is for food only, with a maximum of five people dining at one time. The loyalty card cannot be used at brunches, on special occasions such as Eid, Christmas and New Year's Eve, and cannot be used in conjunction with other promotions.

Email **marizel@cpidubai.com** to enquire about receiving your loyalty card.





SALLY PROSSER

is a freelance marketing communications and social media consultant, and founder of My Custard Pie blog. Originally from Gloucestershire, UK, Sally lives in Umm Suqueim, and spends her time painting and writing when she isn't cooking for her husband Devon and two teenage daughters. The creative blogger describes her culinary style as 'down to earth with a focus on fresh ingredients' and is known among her friends for the feasts she likes to host.

Favourite cuisine

Hard to choose but it is definitely simple, authentic Italian, and hearty British cuisine, which is comfort food for me.

Food inspiration

At the moment, I'd say it's the organic farmers' market in Souk al Bahar, which has changed the way I shop, cook and eat. Every Friday, I cook a meal with the fresh, seasonal ingredients I buy from there. I am also an avid reader of cookbooks, my current favourites being Dan Lepard's *Short and Sweet* (Fourth Estate) and *Giorgio's Made in Sicily* (Fourth Estate).

Meet the blogger

Helping you connect to the UAE'S foodie community, one blog post at a time.

*About the blog

I found out I loved blogging when I started documenting my training for a charity trek. I began with no direction in mind, but soon began writing about food at the centre of my family life. On the blog, you will find recipes and foodie experiences that I like to share with people who have a passion for cooking, and using fresh ingredients in their dishes.

ULTIMATE MEAL

Roast pork with apple sauce and crackling, gravy, roast potatoes and parsnips with runner beans picked fresh from the garden. I have a bit of a sweet tooth, so I love to follow up with a blackberry and apple pie, served with custard.

When I cook for family and friends, nothing makes me happier than when they help themselves to a second bowlful of soup or another hunk of bread.

Midday fix

I don't snack much, but when I do, it is definitely a bowl of fresh guacamole with lime juice, scooped with tortillas.

Top tips

- Buy the best quality ingredients you can. They don't have to be expensive, just fresh and full of flavour.
- Don't throw away the rinds of parmesan cheese. Pop them in a bag and store in the freezer to add to homemade soups such as minestrone, for a rich savoury flavour.
- Peel and store over ripe bananas in the freezer. Use as a substitute for ice when making smoothies. This gives it a creamy texture and flavour.

Culinary icon

Sheila Dillon of the BBC Radio 4 Food Programme is my favourite, as she stands for a cause that is close to my heart – which is practicing sustainability. I listen to the programme podcast while walking my two border terriers. I am also a huge fan of Giorgio Locatelli for the same reasons.

Secret ingredient Lemons...with everything!



The Teka logo is a white stylized 'T' with a dot above it, followed by the word 'teka' in a lowercase sans-serif font, all contained within a red square.

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The ecoTeka logo features the word 'ecoTeka' in a white sans-serif font, with 'eco' in a smaller size and a green leaf-like shape behind the 'T'. The entire logo is set against a green rounded rectangular background.The Emirates Quality Mark logo consists of a stylized 'e' formed by two interlocking loops, one red and one green.

علامة الجودة الإماراتية
Emirates Quality Mark

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